THE MANUAL ON PRANIC ENERGY HEALING LEVEL III

COMPILED BY
CHARLOTTE ANDERSON

IN ORDER TO MAINTAIN COMPLETE CLARITY.
THIS MANUAL SHOULD ALWAYS BE PRINTED
IN TWO COLORS OF INK.

THE MANUAL ON PRANIC ENERGY HEALING LEVEL III

CHARLOTTE ANDERSON
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A WARM WELCOME TO OUR INSTRUCTORS

The construction of these Lessons has been done in such a way as to enhance the Instructor's ability to Present and Teach the materials.

Supplementary Quotations are included within the text. The chosen Quotations also demonstrate - that these Teachings have existed for an extremely long period of time. The Quotations provide in depth information and have been extracted from numerous Expert Sources.

During the Presentation of these Lessons it is NOT expected that an Instructor will use every Quotation noted. This would make the Teaching task too voluminous.

Where additional information or specific emphasis is desired, a Quotation may be added to enhance the point being discussed.

The Healing Sciences allow a Practitioner to develop a deeper sense of Compassion through their sincere desire to serve their fellow human beings.

But it is the Soul that is primarily responsible for causing a person *to develop a strong desire* - to learn more - about a wide range of Spiritual Topics. This occurs through the process of Balancing or "Healing" - the Body, Mind & Soul.

A strong thirst for Greater Understanding is the operative factor that leads a Practitioner to uncover Deeper Levels of Knowledge – through seeking additional information – about Spiritual Subjects *(such as those taught in more Advanced Workshops)*.

But it is the Active Practice of Compassion – generated by the actual Application of these Ancient Teachings – that produces rapid Spiritual Advancement in Practitioners.

Therefore, each Instructor should strive to inspire their students to continue their Spiritual Journey toward Illumination and Enlightenment.

The Archives of Ancient Wisdom are now open!
Welcome to the amazing World of Energy!

DISCLAIMER

Before starting a workshop please request EVERY STUDENT to sign a Disclaimer Form. There should be no exceptions. If the student does not sign, they may not join the workshop.

The Disclaimer Form has been designed to protect the instructor and the *"The Inner Sciences Network of Organizations"* from legal liability. The full version of this Information may be read in The Manual on Level I.

A list of all attending the workshop should be given together with a copy of the Disclaimer Forms - to the individual or organization Authorizing you to teach this workshop. Please provide the Student Reporting Forms quarterly.

Disclaimers may be downloaded from the Instructors Website.

STRUCTURE OF THE WORKSHOP

To expedite the learning process – the Lessons are designed to facilitate actual Practice of these Teachings during the Course. Do not omit any Practice Sessions. They are needed to enhance the student's ability to more rapidly assimilate the simple Techniques. Please monitor the class during Practice Sessions. Make the corrections needed - so as to promote the proper usage of this Energy Technology.

Instructors are free to teach these Lessons in a different order than the one in this Manual. The Lessons are currently sequenced in a logical order. However they may be repositioned at the discretion of the Instructor – so long as each student receives all of the Lessons.

After 1 to 2 hours it is reasonable to make a 10 or 15 minutes break. This allows the students to refresh themselves and relax their minds – an approach that will allow them to absorb more material more quickly. Given this approach, it is expected that the duration of this workshop will be 2 days or approximately 16 hours. Time Adjustments may be needed if translation is required.

Instructors should teach these Lessons in their unaltered form. It is not recommended that students mix these techniques with other healing techniques or modalities. Therefore, during the Course students should also not mix Techniques from this school with other modalities or Healing Techniques.

An Instructor may experiment at home, but in class it is recommended that they follow the Teachings as they are given. The actual text of the Lessons has been designed to convey the information as clearly as possible.

AVOID PROBLEMS DURING WORKSHOPS

On rare occasions certain problems may arise if the condition of the student is unstable or if a technique is not properly applied.

In general - Sweeping of the area or proper General Cleansing - needs to be done immediately. The Instructor should be watchful of the condition of the incoming students. Begin by getting to know what pre-existing conditions are present before starting the workshop. This will assist in preventing many unwanted situations.

In "Projection Energy" it should be emphasized that the Practitioner should not *willfully project Energy* to another person. This may be too strong and can cause difficulty.

ABOUT THE PLANETARY MEDITATION ON PEACE

In every Workshop the Students should Practice this Meditation daily – if other Meditations are not Practiced.

Energy Congestion may manifest as pain and discomfort. Simply apply thorough Cleansing to remove the excess Energy.

Preliminary warnings should be given prior to the Meditation.
Please check in the Appendices of The Manual on Level I or II if you have questions regarding the Recommended Guidelines for Practice.

AVOID LEGAL PROBLEMS

Please note that in many countries the terminology "healing" is strictly reserved for use by Medical Professionals. It is for this reason Energy has been added to the name of our organizations.

The Teachings you will teach in this workshop have been compiled from the years of observation, work and knowledge of Energy Treatments gathered by the Life Partner of Charlotte Anderson.

While "*The Inner Sciences Network of Organizations"* accepts *all students,* from *all schools* teaching various forms of the Application of Energy to human life - at the time this Manual was written - other schools may not accept *"The Inner Sciences Network of Organizations"* Certificates of Workshop Participation.

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ACKNOWLEDGEMENTS

To the Supreme Being, to All of our Spiritual Teachers,
to the Entire Spiritual Hierarchy,
we offer our Infinite Gratitude to you
for your Divine Guidance, Divine Help and Divine Protection …
and surrender to your Divine Will –
without which this small part of the Divine Plan could not have been Manifested.

Clearly Deepest Appreciation and Acknowledgement must be given to the *Massive Contributions* given from multiple continents and global regions toward the materialization of this Work.

Deepest Gratitude is hereby extended to All of those contributing to this Manual including but not limited to:

our Most Beloved Life Partner –
whose Great Love & Inspiration remain Constant in this Life,
our valiant Editor,
to the multiple Proofreaders,
to the Web Master and
to ALL of those …
who have donated their Time, their Expertise,
Ideas, Suggestions and Great Great Effort
toward the Materialization of this Work.

Without the Team Approach - the compilation of this material
would have been nearly impossible.

To the multiple various Authors quoted here … who have written down their experiences, perceptions, and who have provided so many suggestions and techniques for Improved Well Being and Better Health – Heartfelt Gratitude.

May Loving Blessings, Peace, Love & Healing be with All People!

L1 – Lesson 1	INTRODUCTION
Organizational:	Approximately 1 hour
Power Point	
Book Reference*	*Fourteen Lessons in Yogi Philosophy,* by Yogi Ramacharaka, ©1903 *Occultism of the Secret Doctrine,* by H.P. Blavatsky, ©1888 *The Manual of Pranic Energy Healing Level I,* Compiled by Charlotte Anderson, ©2012 *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978 *Hands of Light,* by Barbara Ann Brennan, ©1987 *Fourteen Lessons of Yogi Philosophy,* by Yogi Ramacharaka, ©1903 *The Science of Psychic Healing,* by Yogi Ramacharaka, ©1909, 1937 *Hands - On Spiritual Healing,* by Michael Bradford, ©1993
Internet	www.ppmaudiostream.org
Other	Appendix B – More on *The Planetary Meditation for Peace* Appendix C – Text for *The Planetary Meditation for Peace*

*These book references apply only to this Sequence that you are reading

WORKSHOP ORIENTATION

WELCOME TO LEVEL III

(Instructor's Notes)

1. *Thank the Organizer who has organized the workshop*
2. *Ask the students where they have come from in order to attend the workshop*
3. *Ask how many students have taken this workshop before*
4. *Ask, "Why do you want to take this course?"*
5. *Start the class with Planetary Meditation for Peace, if no CD is available use the Text from Appendix C*

REMAIN OPEN MINDED

Please maintain an open mind and a flexible attitude.
This course will give you an Energy based understanding of our world.

We do not mean that the Eastern Teachers insist upon the students blindly accepting every truth that is presented to him.

On the contrary, they instruct the pupil to accept as truth only that which he can prove for himself, as not truth is truth to one until he can prove it by his own experiments … accept nothing as final until you have proven it ...
I do not ask for blind faith, but only for confidence until you are able to demonstrate for yourselves the truths I am passing on to you, as they were passed on to me, by those who went before.

-Extracted from *Fourteen Lessons in Yogi Philosophy,* by Yogi Ramacharaka, ©1903, Page 5

Please do not immediately begin to judge or assess what you hear.
Take your time, experiment, evaluate, and then reach your own conclusion.
Do you agree with this approach?

Our Lord Buddha has said that we must not believe in a thing said merely because it is said, nor traditions because they have been handed down from antiquity; nor rumors, as such; nor writings by sages, because sages wrote them; or fancies that we may suspect to have been inspired in us by a Deva *(that is, in (a) presumed spiritual inspiration);* nor from inferences drawn from some haphazard assumption we may have made; nor because of what seems an analogical necessity; nor on the mere authority of our teachers or masters. But we are to believe, when the writing, doctrine, or saying is corroborated by our own reason and consciousness. "For this," says he in concluding, "I taught you not to believe merely because you have heard, but when you believed of your consciousness, then to act accordingly and abundantly."

- Extracted from *Occultism of the Secret Doctrine,* by H.P. Blavatsky, ©1888, Section XLVL, Page 401

ENABLE RAPID LEARNING

Please reduce your resistance to this material by sitting comfortably in your

chair with your feet flat on the floor, with your arms relaxed and open.
We request that you not cross your legs or your arms during the next two days.

Your open relaxed sitting position will Increase your Ability to understand these Teachings and will enhance your grasp of the techniques being presented.

EXPERIMENT ON RECEPTIVITY

1. Do the experiment about being Open to Information

2. Call for a volunteer
3. Ask the volunteer to Cross the Arms
4. Group, Scan with the arms crossed
5. Ask the volunteer to Uncross the Arms
6. Group, Scan without arms crossed
7. Give Feedback

(Instructors should teach the following extraction from The Manual on Level I. Therefore it is noted in Red Ink.)

The emphasis of Practitioner's should be - that Energy Medicine is a complementary field to allopathic treatment and is recommended by many different Authors on Energy Healing.

As a Practitioner, your specialization is with the Energy Body. You are not allowed to interfere with the Treatments of Medicals Doctors!
Stick to your job and let the doctors do their job.

-Extracted from *The Manual on Level I,* Compiled by Charlotte Anderson, ©2012, Page 3, 4

Practitioners should *never* try to replace psychotherapists, psychologists or any other Mental Health Care Professionals.

Do not ever, as a healer, imagine that you are a doctor, unless you come to this knowledge with complete medical training and you are, in fact, a physician.
A healer can fail, a healer can be wrong and sometimes a healer can be sued for practicing medicine without a license …

-Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 38

A Practitioner should avoid situations that will create conflict with local or national Medical Communities.

… the healer really induces the patient to heal himself through natural processes… when …"inner" healing is not also done … illness will again precipitate into the physical body, even after present symptoms have been removed...when healers and physicians work*(ing)* together, it is possible to take advantage of the best technology and the best personal attention available for each patient …

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 147-149

The Focus of Energy Practitioners - should be to treat the condition of a Client – with Energy – thereby Balancing and Harmonizing irregularities within the Energy

System of a Client.

All Energy Treatments are intended to be applied only as **SUPPORTIVE THERAPIES** and are *Never intended to replace Allopathic Medical Treatments.*

However in certain exceptional cases - where Allopathic Treatments are unavailable - in some instances Energy Treatments may be able to stand on their own – until the Client reaches a Medical Doctor – for Treatment and Assessment.

ABOUT LEVEL III

When this Level is carefully performed, the additional steps of Treatments previously learned in Levels I and II - will then be much less time consuming. Treatment gradually creates improvement by uplifting the Clients Attitude, Thinking and Behavior through applying Energy to their Psyche, toward the Balancing of their Emotional Body, through Harmonizing their other Subtle Bodies - thereby empowering them to correct bad Habits – such as smoking, excessive drinking and others.

Pranic Healing is what is known to the Western World as Mental Healing … Mental Healing includes several forms of Psychic Healing…Prana is the instrument by which the cure is affected no matter what method is used or who uses it …

-Extracted from *Fourteen Lessons of Yogi Philosophy,* by Yogi Ramacharaka, ©1903, Page 118

Work Stress, Family Stress, Worries, Excessive Nervousness and multiple "Dependencies or Habit Forming" Behaviors can in many cases be substantially relieved or improved.

It is advised that Practitioners Practicing this Level reduce the exchange of Energy with their Clients through NOT discussing the Client's conditions prior to treatment.

"The healer should always carry in his mind a mental picture of the conditions that he wishes to bring about. This mental picture will enable him to give the proper suggestions easily, and instinctively, besides giving the patient the effect of the projected thought …"

- Extracted from *The Science of Psychic Healing,* by Yogi Ramacharaka, ©1909, 1937, Page 185

Discussing a Client's conditions after a Treatment allows discussion of the Clients condition when the Client is in a more balanced state. This is far more productive

than discussions when the Client is in a depressive or unstable, aggressive or an unregulated emotional state. It has been observed this will usually accelerate the rate of healing.

With mind-to-mind healing physical contact of proximity is not necessary, which allows you to assist people you might not otherwise have been able to help because of social setting or physical distance.

This technique works well when assisting people in hospital intensive care units or in other public places where the use of hands-on healing might be considered inappropriate.

- Extracted from *Hands-On Spiritual Healing,* by Michael Bradford, ©1993, Page 185

When a physical condition is chronic or very serious, it is advisable for the Practitioner to begin the Treatment Session - by applying Level III - **PRIOR TO TREATING THE CONDITION IN THE PHYSICAL BODY.** Please remember to begin by Praying or Invoking for Divine Blessings.

INVOKE FOR DIVINE BLESSING.

We will begin with a short Prayer
Please close your eyes and Say

"To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using us as Instruments for Healing.
With Thanks and in Full Faith.

PRACTICING THE PLANETARY MEDITATION FOR PEACE

(Instructors should teach the following extraction from The Manual on Level I. Therefore it is noted in Red Ink.)

When you regularly practice The Meditation for Planetary Peace you will have:

1. A stronger Immune System
   (the Heart Energy Center activates & strengthens the Thymus Gland)
2. More Psychological Stability and more Loving Energy
3. This leads to a Greater Understanding of yourself and other people
4. An Increase in Alpha Wave activity in the Brain which leads to …
   Higher Intuition and more rapid "Direct" Perception
5. A greater down pouring of Divine Energy … leading to the development

of increased Healing Power and more rapid Soul Development
Please remove your watch, your wallets and any crystals or precious stones.

During the Meditation:

1. Do not cross your arms or your legs.
2. Sit with your back straight - away from the back of the chair
3. Complete the Energy Circuit
4. Relax

If you feel any discomfort, please Open your Eyes, cross your arms and legs which will assist in reducing the Strong Energy Flow entering into your body.

If excess Energy is experienced - leave the room, release the excess Energy through Blessing, Rooting and do a set of Physical Exercises. Always ask for help from the Instructor if it is needed.

- Extracted & Modified from *The Manual on Level I,* by Charlotte Anderson, ©2012, Page 115

(Instructors Note: Ask the students to Feel and Scan their EIF before and after the Meditation.)

L2 – Lesson 2	**THOUGHT FORMS, ELEMENTALS AND ENERGY ENTITIES**
Organizational:	Approximately 40 min
Power Point	
Book Reference	*The Manual on Pranic Energy Healing Level II*, by Charlotte Anderson, ©2012 *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996 *Chakra Healing and Karmic Awareness,* by Keith Sherwood, ©2005 *New Chakra Healing: The Revolutionary 32-Center Energy System*, by Cyndi Dale, ©1996 *Kundalini Yoga*, by Swami Sivananda, ©1978 *Hands of Light,* by Barbara Ann Brennan, ©1987 *Lucifer: A Theosophical Magazine, March to August 1892,* by H.P. Blavatsky, Annie W. Besant, ©1982 *Handbook of the Aura,* by Laneta Gregory and Geoffrey Treissman, ©1985 *The Inner Life,* by Charles W. Leadbeater, ©1978 *The Chakras,* by Charles W. Leadbeater, ©1927 *Cosmic Doctrine,* by Dion Fortune, ©1995 *Fourteen Lesson in Yogi Philosophy,* by Yogi Ramacharaka, ©1903 *The Chakras and the Human Energy Fields,* by Shafica Karagulla, M.D. Dora van Gelder Kunz, ©1989 *The Life Divine,* by Sri Aurobindo, ©1985 *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978 *Gems of Thought,* by Charles W. Leadbeater and William Henry Burr, ©1911 *Kahuna Healing,* by Serge Kahili King, ©1983 *The Astral Plane,* by Charles W. Leadbeater, ©1973 *The Astral Body,* by A.E. Powell, ©1927
Internet	www.wikipedia.org www.pranichealing.org

*These book references apply only to this Sequence that you are reading

REVIEW ON FEELING THE ENERGY CENTERS

(Instructors should teach the following extraction from The Manual on Level I. Therefore it is noted in Red Ink.)

Harmonizing an Energy Center – through Increasing or Decreasing the size of the Energy Center – assists the Practitioner to more rapidly normalize both Chronic and Severe Conditions.

If a certain Energy Center is weakened for a long period of time - Increasing the Size of the Center and "Normalizing" it - is necessary and can be accomplished through Projecting of Pale Violet Energy to the more Sensitive Energy Centers or Red Energy to the lower Energy Centers. This will harmonize and Balance the Centers being treated.

Sometimes "Decreasing the Size" of an Energy Center is necessary.
Simply Project Pale Blue Energy to the Energy Center. Then Mentally "Instruct" the Center to become Smaller – which will reduce the Center to a "Normal Size".

- Extracted from *The Manual on Level 2*, by Charlotte Anderson, ©2012, Page 120

Practitioners should be reminded not to Project Energy to Sensitive Areas.

REFINING THE ABILITY TO FEEL SUBTLE ENERGIES

Practitioners should Practice Feeling Energies. They should Feel Carefully and note that the Quality of Energies may range from very Subtle to quite dense or Coarse.

Another aspect of Scanning is the quality of the prana.
This is especially true when detecting the bodies that are more subtle, such as the astral and mental bodies.

-Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 24

In general the Denser Energies can be more easily identified due to the coarseness of their nature - whereas very *Refined Energies* may be so extremely subtle that they are less easily identified for beginning Practitioners.

In a treatment, we sense the quality of the prana and according to the situation; we may help change that quality.

- Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 94

Due to these factors - it is very important for Practitioners to learn to Feel or Scan - Accurately and Thoroughly - so that the various nuances and Qualities of Subtle Energies can be rapidly and easily identified.

This compilers' Life Partner taught her to Feel or Scan an Energy Center from the Front, then from the Side, and from the Top and the Bottom. This is the true meaning of Feeling the Energy Thoroughly.

REVIEW ASSESSING THE SIZE OF THE ENERGY CENTERS

Practitioners should always remember to *Form a Clear Intention* to FEEL THE ENERGY of what ever they wish to Assess.

Practitioners should also remember when they wish TO PROJECT ENERGY - to *Form a Clear Intention* TO PRODUCE THE PRECISE COLOR REQUIRED.

REGULARLY FORMING A CLEAR INTENTION - before proceeding - is extremely important.

In the book, *Psychology of Everyday Action*, *The Design of Everyday Things*, by Donald Norman, ©1988, he talks about the Seven Stages of Action. The "stages" pertinent to this discussion are:

2. Forming the intention
3. Specifying an action
4. Executing the action

In the process of Scanning it will be necessary to combine **THE MENTAL ATTENTION** and **INTENT WITH PRANA** – otherwise the mental attention will remain fixed in position.

- Extracted from *Charka Healing and Karmic Awareness,* von Keith Sherwood, ©2005, Page 118

LET'S PRACTICE

(Instructors should teach the following extraction from The Manual on Level II. Therefore it is noted in Red Ink.)

1. Take a Partner
2. One person be the Client and one person be the Practitioner
3. Take a Basin with Water and Salt and a Spray
4. Practitioners stand up, Clients sit down
   (Wait for the students to find a Partner)

5. Complete the Energy Circuit
6. Invoke for Divine Blessings

"To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection,
For Clarity in our Feeling and for Divine Healing Power.
With Thanks and in Full Faith."

7. Isolate the Client from your Energy Information Field
   Mentally say, *"The Client is isolated from my Energy Information Field right now!*
8. Touch your Heart Energy Center with the pads of your fingers
9. Practitioners stand in front of the Client approximately 3 Feet (or 1 Meter) away from the Client
10. Form the Intention to Feel the size of the Crown Energy Center
11. From the Side of the Head slowly move your hand toward the Crown
12. Stop, when you Feel the outside Edge – of the Energy of the Crown Energy Center
13. Now, Feel the Energy Center from the opposite side of the head
14. Slowly move the hand toward the Crown Energy Center
15. Can you Feel something?
16. Now, let's Feel the Energy of the Forehead Energy Center
17. Form the Intention to Feel the size of the Forehead Energy Center
18. Slowly move your hand towards the Forehead Energy Center of the Client and Feel this Center
19. Now let's Feel the Forehead from the opposite side
20. Can you Feel something?

- Modified and Extracted from *The Manual on Level II,* ©2012, by Charlotte Anderson, Pages 41

Instructors note:
Give the students time to Practice on all 11 Energy Centers
Get Feedback and Please Change roles

REVIEW ASSESSING THE QUALITY OF INDIVIDUAL AREAS OF THE ENERGY CENTERS

Charles W. Leadbeater spoke about the petals of an Energy Center and drew images of these Divisions of the Energy Centers in his book *The Chakras,* ©1927.

Barbara Ann Brennan also followed the Concept of different Areas of the Energy Centers, when describing the Malfunction of the Chakras in her book *Hands of Light,* ©1987.

Instructor Note:
Show the Image Extracted from "Hands of Light", by Barbara Ann Brennan, Page 144

This image from Barbara Brennan's book shows an Energy Center with four distinctively separated areas.

The Life Partner of this compiler, described these features in a slightly different different way in His books *Pranic Psychotherapy,* ©1989 and *Pranic Crystal Healing*, ©1996, and suggested that each of the different areas should be carefully assessed.

It is recommended that a Practitioner Separate an Energy Center into several areas or divisions, then that they Assess each area *separately* - prior to Cleansing the Energy Center.

A Practitioner may Envision this process to be like separating the Petals of a Rose *(or an Energy Center)* because within the natural structure of the Energy Center - "Divisions" may easily be recognized. This is done – so as to Clean each part of the Energy Center more thoroughly.

Each Chakra has a particular number of petals …

- Extracted from *Kundalini Yoga,* by Swami Sivananda, ©1978, Page 43

Additionally, a Practitioner should always remember to Assess the Energy in the deeper portion of the "Conical Part" of the Energy Center being Examined.

The in-body chakras are shaped like conical funnels.

- Extracted from *New Chakra Healing: The Revolutionary 32-Center Energy System,* by Cyndi Dale, ©1996, Page 25

After this process is complete, the Practitioner should gently reach deep inside of the Energy Center - with their Extended Energy Fingers - and gently Assess the Energy of the deepest portion of the Center or what we may call the "Root" of the Center.

… into the root of the chakra …

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 231

This comprehensive assessment of the condition of an Energy Center will give the

Practitioner important information – which can be used in performing the Treatment more effectively.

"No Scanning should be too difficult to do. Immediately begin to develop confidence in your ability to Scan. This is done through Diligent Practice"

- *Extracted from the Notes of Charlotte Anderson*

It is also advisable for a Practitioner to Separate and Assess each Individual Area of the Energy Center so as to assist in the Process of the Rapid Deep Cleansing required.

LET'S REVIEW ASSESSING THE ENERGY CENTERS

(Instructors should teach the following extraction from The Manual on Level II. Therefore it is noted in Red Ink.)

1. Take a partner
2. One person be the Client and one person be the Practitioner
3. Take a Basin with Water and Salt and a Sprayer
4. Practitioners stand, up Clients sit down ... *(Wait)*
5. Complete the Energy Circuit
6. Invoke for Divine Blessings

"To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection,
For Clarity in our Feeling and for Divine Healing Power.
With Thanks and in Full Faith."

7. Isolate the Client from your Energy Information Field
   Mentally say, *"This Client is Isolated from my Energy Information Field right now!"*
8. Touch your Heart Energy Center with the Pads of your fingers
9. Practitioners stand in front of the Client approximately 1 Meter or 3.3 feet away from the Client
10. Let's Practice on the Solar Plexus Energy Center
11. Separate the Energy Center in four Individual Areas *(Instructor Waits)*
12. Now Feel the Core of the Energy Center …
    Can you locate the Fifth area of the Center?
13. Now go into the middle of the Energy Center –
    into the Root or the Sixth area of the Energy Center
14. Form the Intention to Feel the Quality of the Solar Plexus Energy Center
15. Feel *Each Individual Area* - with the tip of your Energy Fingers and
16. determine the Qualities of the Energy within the Center

17. Can you Feel something?
18. Now Let's Practice on the Ajna Energy Center
19. Separate the Energy Center into four Individual Areas. Then Locate the fifth area of the Center and with your long Energy Fingers - go deeply into the middle of the Center or the Root (or the sixth area) of the Energy Center
20. Form the Intention to Feel the Quality of the Ajna Energy Center
21. Feel each Individual Area with the Tip of your Finger and determine the Qualities within the Energy Center
22. Can you Feel something?

- Modified and Extracted from *The Manual on Level II,* ©2012, by Charlotte Anderson, Pages 37-42

Instructors note:
Give student's instruction to Practice on 2 more Energy Centers on the back side of the body. Now change roles. Get Feedback

ABOUT THOUGHT FORMS, ELEMENTALS AND ENERGY ENTITIES

THOUGHT FORMS

It is the impression of this compiler – a lot of misunderstanding about the topic of Thought Forms, Elementals and Energy Entities exists. And the differences in terminologies used by different schools – also frequently contribute to or are the source of a lot of confusion.

However when descriptive explanations are given – they may add to the Practitioners clearer understanding of this interesting topic.

Numerous Theosophists, including Mme. Blavatsky have written about Thought Forms. She stated,

In this matter the Theosophist may be content to wait, knowing that facts do not alter for denials, and that the world will gradually come round to a knowledge of the existence of thought-forms, as it has already come round – after a similar period of scoffing – to a knowledge of the existence of some of the facts asserted by Mesmer at the close of the last century.

- Extracted from *Lucifer: A Theosophical Magazine, March to August 1892,* by Helene Petrovna Blavatsky, Annie Wood Besant, Page 150

In short, mesmerism or hypnotism is practically the bathing of the person in **A FLOW OF THOUGHT-FORMS**, kept stimulated and **ACTIVE BY A CONSTANT SUPPLY OF PRANA**, which has in such cases often been called "the mesmeric fluid."

- Extracted from *Fourteen Lesson in Yogi Philosophy,* by Yogi Ramacharaka, ©1903, Page 184

For decades, multiple authors have written descriptive texts about these Energy Beings.

An example related to the Phenomena of these Energy Beings occurred in The Bible, when the Lord Jesus Christ transferred Elementals into the pigs, because they where already dirty.

They came to the other side of the sea, into the country of the Gadarenes.
When he had come out of the boat, immediately there met him out of the tombs a man with an unclean spirit, who had his dwelling in the tombs.
Nobody could bind him any more, not even with chains, because he had been often bound with fetters and chains, and the chains had been torn apart by him, and the fetters broken in pieces.
Nobody had the strength to tame him.
Always, night and day, in the tombs and in the mountains, he was crying out, and cutting himself with stones.
When he saw Jesus from afar, he ran and bowed down to him, and crying out with a loud voice, he said, *"What have I to do with you, Jesus, you Son of the Most High God? I adjure you by God, don't torment me."*
For he said to him, *"Come out of the man, you unclean spirit!"*
He asked him, *"What is your name?"*
He said to him, *"My name is Legion, for we are many."*
He begged him much that he would not send them away out of the country. Now there was on the mountainside a great herd of pigs feeding.
All the demons begged him, saying, *"Send us into the pigs, that we may enter into them."*
At once Jesus gave them permission.
The unclean spirits came out and entered into the pigs.
The herd of about two thousand rushed down the steep bank into the sea, and they were drowned in the sea.

- Extracted from Mark 5:1-20 (www.bcbsr.com 11-08-2012)

A thought-form is a manifestation of Mental Energy, also known as a *Tulpa* in Tibetan mysticism. Its concept is related to the Western philosophy and practice of magic …

- www.wikipedia.com

What Practitioners need to understand - is that in addition to the physical body – there are other bodies. Multiple traditions recognize that there is an Etheric Body, an Astral and a Mental Body.

The nature of the chakras in the third body reflects the emotional countenance and general personality of the individual…

- Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 96

The astral body is the individual field or vehicle of feeling, and as such it acts as a Bridge between the mind and the physical body.

- Extracted from *The Chakras and the Human Energy Fields*, by Shafica Karagulla, M.D. Dora van Gelder Kunz, ©1989, Page 47

These subtle bodies provide information for the Practitioner regarding the Emotionally Suppressed and Subjective Subconscious Conditions of the Client.

Just as there is only one human body, with layers that vibrate at different frequencies, so the chakras have an affinity with the layers of the body that match their Vibrational Frequency.

- Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 69

Charles W. Leadbeater states that …" each of the etheric centers corresponds to an Astral Center…the function of each of the Etheric Centers when fully aroused is to bring down into physical consciousness whatever may be the quality inherent in the Astral Center."

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 71

The Practitioner must begin to grasp that in every moment - a person thinks of multiple Thoughts – and *Each One of these Thoughts - about Anything* - produce a Thought Form.

A psychic entity pre-exists in other worlds in a subtle form and comes from there with it to its brief earthly sojourn …

- Extracted from *The Life Divine,* by Sri Aurobindo, ©1985, 1st Published 1914-1920, Page 780

Thought Forms are Living Energy Beings.

From out of the Conscious Force emerges the Energy from which forms are created and built up. These forms, including us, feed off that essential energy. In the play of life, forms feed off the energies of other forms.

- Extracted from *The Life Divine,* by Sri Aurobindo,©1985, 1st Published 1914-1920, Page 132

When you – as the Creator of a Thought Form - think a positive thought, a positive effect is produced.

What we are today … comes from our Thoughts from yesterday and our present Thoughts build our Life of tomorrow! Our Life is the creation of our Mind!

- Quotation of The Lord Buddha Shakyamuni

This compiler's Life Partner, Maha Atma Choa Kok Sui, described these Thought Forms as clouds of Negative Thoughts and Emotions located within the Energy Centers and the Energy Information Field …

Thought forms are energetic, observable realities which radiate colors at various intensities … thought forms are created, built and maintained by their owners through habitual thoughts …

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 93

Thought Forms were also previously described as:
Bubbles, amorphous balloons, spidery messes, and a plethora of other possibilities exists for the viewer. Some of the shapes emanated are thought forms.

- Extracted from *Handbook of the Aura,* by Laneta Gregory and Geoffrey Treissman, ©1985, Page 11

These Thought Forms may have a certain degree of Consciousness and they have the ability to influence people, matter and events in positive or negative ways. How to direct these Thought Forms in positive ways is the topic of *Kriya Shakti – Materialization Using Thought Power.*

When Treating a Client consider, Thought Forms and Elementals as Energy Beings – which become lodged in the Emotional Body, Mental Body and in the Energy Centers of a Person.

The size of a thought form shows the strength of an emotion.

- Extracted from *The Inner Life,* by Charles W. Leadbeater, ©1978, Page 259

In some traditions Thought Forms may be understood as being "Energy Entities" or as Energy Micro-Organisms. Elementals are like Energy Worms or Energy Cucarachas - in order to survive – their entire function is to stimulate a person to do something.

The Client may be Mentally or Emotionally unaware of the origin of some of these Thought Forms. It is the dysfunction they experience in their day-to-day lives – that brings to their attention – something is amiss or out of Balance.

The thought-form is ensouled by a substance form a plane above that upon which it is constructed. This makes it a living thing of its type. It is then cast off from the aura of its creator, and in the ordinary way will hang about in his atmosphere.

If he is dwelling on the subject, a thread of subtle matter will connect it with his vehicle, and those who can see it will perceive these thought-forms, either embedded in the aura awaiting expulsion …

- Extracted from *Cosmic Doctrine,* by Dion Fortune, ©1995, Introduction, Page 14

Energy Practitioners need to understand that these Energy remain within the Client's Energy Information Field – in different forms, colors and densities.

At times a person may throw off color blobs of energy into the air around him.

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 50

These Energy Beings will remain in the Energy Information Field of the Client until they are Removed through a Treatment, during a Meditation (due to the Down Pouring of Spiritual Energy which has a strong Cleansing effect) or due to the Energy of a Thought Form simply dissipating. Dissipation commonly occurs when the Thought Form simply "runs out" of Energy.

As he moves the thought-forms stream out behind and above him, and as he stands, they hover around, endued each with life of their own, and they endure as definite entities **until the form** in which they are ensouled **wears out and falls away**.

- Extracted from *Comsic Doctrine,* by Dion Fortune, ©1995, Introduction, Page 14

Dion Fortune's explanation of Thought forms being "alive" is also important for us to understand since conceptually it is an important part of *Kriya Shakti.*

When the creator of a Thought Form THINKS NEGATIVELY a negative effect is produced.

Such stress or trauma may be brought on by events or feelings we regard as "positive" as well as by those we regard as "negative".
Anything which disturbs an individual's normal functioning has the potential to disturb the chakras as well.

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1878, Page 26

While a Client is mentally or emotionally unaware of the origin of some Thought Forms after the Practitioner Removes the strong Negative Thought – an immediate improvement in the Client's condition is frequently noted.

This is because as Rev. Leadbeater stated:
Thoughts on the same subject and of the same character tend to aggregate; therefore for many subjects there is a thought-center, a definite space in the atmosphere, and other thoughts about the same matter are attracted to such a center, and go to increase its size and influence … but he in turn may be influenced by it..

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 48

According to the Kahuna teaching, an emotion arises when a belief or belief complex is stimulated by an external or internal event, such as a thought or memory.

-Extracted from *Kahuna Healing,* by Serge Kahili King, ©1983, Page 94

They are like small Energy Micro-Organisms, which are attracted to the mental and psychologically imbalanced Energies found within the Energy systems of some people.

"One who allows himself to be obsessed by animal desires may become for the time a monster of lust and sensuality, and may under that influence commit crimes the thought of which will horrify him when he recovers his reason…"

-Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 50

THE DIFFERENCE BETWEEN TYPES OF ENERGY BEINGS

Many Practitioners are confused about the difference in various types of Energy Beings.

A THOUGHT FORM OR THOUGHT ENTITY - IS **AN ARTIFICIAL ENERGY BEING THAT AN INDIVIDUAL CREATES** - THROUGH THEIR OWN NEGATIVE PERCEPTIONS, NEGATIVE THOUGHTS OR NEGATIVE PATTERNS. Practitioners need to learn to Create Positive Thought Forms – in order to more fully utilize the Divine Power with them - to Enhance and Improve their lives.

- Modified and Extracted from the Notes of Charlotte Anderson

While this concept was discussed by this compiler's Life Partner - it was previously discussed by the Theosophical author, AE Powell who elaborated on the topic and described "Artificial Entities" as being formed in different ways.

He said:
The artificial entities form the largest class and are also much the most important to man…inchoate mass of semi-intelligent entities …
Being entirely man's own creation, they are related to him by close karmic bonds, and their action upon him is direct and incessant.

1. *Elementals formed Unconsciously* - The desire and thought of a man seize upon the plastic elemental essence and mold it instantly into a living being of appropriate form.
2. *Elementals formed Consciously* – It is clear that elementals formed consciously by those who are acting deliberately and know precisely what they are doing, may be enormously more powerful than those formed unconsciously.

-Extracted from *The Astral Body,* by A.E. Powell, ©1927, Page 175

A thought entity is an artificial being that you create while an elemental is a naturally-occurring lower being in the invisible world.

- Extracted from *Pranic Psychotherapy,* by Master Choa Kok Sui, ©1989, Page 21

Prior to AE Powell, Entities were previously well described by Rev CW Leadbeater. He said:
An Entity … (has) no evolution as an entity, and no power to reincarnate. It may be described indeed as consisting for the time of a body … for the matter and its living essence makes a vehicle, which is energized by the thought which is thrown out; and the duration of this thought-form as a separate entity will depend entirely upon the strength of the thought force which is its insulting principle and holds it together …

- Extracted from *Gems of Thought,* by Charles Leadbeater and William Henry Burr, ©1911, Page 90

ELEMENTALS AND ENERGY ENTITIES

In contrast to other Energy Beings - Elementals are not fully developed - and exist only as Manifestations of Energy.

"The elemental essence surrounds us on every side in all its numberless varieties …"

- Extracted from *Astral Plane,* by Charles W. Leadbeater, ©1973, 2005, Page 57

If there are for example, Energy Entities or Elementals in the Basic Energy Center, the person may be always moving – unable to be still.

PREVENTING ENERGY ENTIES - MOVING FROM ONE LOCATION TO ANOTHER

Energy Beings can easily be Expelled and Eradicated with Brilliant Electric Violet Energy, however they have a Consciousness of their own … so if they "see you coming" - they may frequently try "to fly away" – or rapidly move to another location within the Energy Center, move to another Energy Center or move to another location within the Client's body. These Energy Entities also frequently return after the Client leaves – and usually they will return to their previous residence.

For this reason Practitioners should Project Pale Blue to the Treated area – and "FREEZE" the Unwanted Energy Being - IN ONE PLACE – so as to more readily dislodge it (or them) from the affected Energy Center.

Because these Energy Beings "see" the Practitioner coming … this compiler recommends that:

AT THE BEGINNING OF ALL LEVEL III TREATMENTS - THE PRACTITIONER SHOULD SAY, "FREEZE" …
AND THEN IMMEDIATELY PROJECT PALE BLUE ENERGY TO THE ENERGY CENTER BEING TREATED –
THIS SHOULD BE DONE BEFORE PROCEEDING WITH THE REMAINDER OF TREATMENT.

This sequence in the Energy Treatment nearly guarantees - that the Unwanted Energy Beings are captured and Removed - much faster than when Pale Blue

Energy is Projected - after Assessing the Energy Center – which allows these Pests to Escape before they can be Eradicated.

Practitioners have no need to fear these Unwanted Energy Beings – as these small Energy Beings can easily be Expelled and Eradicated- by the Projection of Brilliant Electric Violet Energy.

It should be remembered that for a Practitioner who **UNDERSTANDS** the nature of these Subtle Energies - with very little Training or Experience … it is extremely easy to remove them …

- *Extracted from the Notes of Charlotte Anderson*

L3 – Lesson 3	PSYCHOLOGICAL FUNCTIONS OF THE ENERGY CENTERS, NEGATIVE SELF IMAGE RESULTS IN NEGATIVE PRIDE
Organizational:	Approximately 30 min
Power Point	
Book Reference	*Hands of Light,* by Barbara Ann Brennan, ©1978 *The Chakras,* by Charles W. Leadbeater, ©1927 *The Kybalion (The Hermetic Philosophy),* by The Three Initiates, ©1908 *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996 *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978 *How God Changes Your Brain,* by Andrew Newberg and Robert Waldman, ©2009 *The Chakras and the Human Energy Fields,* by Shafica Karagulla, M.D. Dora van Gelder Kunz, ©1989 *Man – Visible and Invisible,* by Charles W. Leadbeater, ©1927 *Fluid Physiology and Pathology in Traditional Chinese Medicine,* by Steven Clavey, ©1995 *Esoteric Healing,* by Alice A. Bailey, ©1953 *Prisoners of Earth: Psychic Possession and Its Release,* by Aloa Starr, ©1987 *Pranic Psychotherapy,* by Master Choa Kok Sui, ©1989 *Hands – On Spiritual Healing,* by Michael Bradford, ©1993
Internet	www.pranichealing.org

*These book references apply only to this Sequence that you are reading

PSYCHOLOGICAL FUNCTIONS OF THE ENERGY CENTERS

The **PSYCHOLOGICAL FUNCTIONS OF THE SEVEN MAJOR CHAKRAS**:
As a human being matures and the chakras develop, each represents the psychological patterns evolving in the individual's life. Most of us react to unpleasant experiences by blocking our feeling and stopping a great deal of our natural energy flow. This affects the development and maturation of the chakras, resulting in inhibition of a fully balanced psychological function.

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 71, Emphasis by this compiler

It is explained that as Kundalini enters and leaves each chakra in the course of her latency – this affects (hence the term *laya)* the **PSYCHOLOGICAL FUNCTIONS OF THAT CENTER**.

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 84, Emphasis by this compiler

Through understanding the Energy Centers - a Practitioner can more deeply understand the Inner World or the "unseen world".

The Principle of Correspondence noted here states:

As Above so Below … as Below so Above.

- Extracted from *The Kybalion, (The Hermetic Philosophy),* by The Three Initiates, ©1908, Page 13

Emotional and/or psychological conditions affect the Energy System and are a primary cause for the "Increase" or the "Reduction" in the size of certain Energy Centers.

Disturbances in the astral (*Emotional)* body influence the etheric and the physical bodies.

- Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 93

A good place to begin is with understanding and remembering how the Emotional Aspects of the Energy Centers affect their Function.

CROWN ENERGY CENTER

The Crown Energy Center is a Spiritual Center.
It is the Center for Soul Realization and Divine Wisdom.

- *Extracted from the Notes of Charlotte Anderson*

The Crown Chakra is located on top of the head and is the Chakra of "knowingness" or pure Intuition … *(it)* brings Cosmic Energy into the body through this Chakra …

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 30

The Crown Energy Center is the Center for Buddhic Consciousness or Consciousness, Christ Consciousness or Krishna Consciousness and it allows us to experience Oneness with All.

According to Doctor Andrew Newberg in his book *How God Changes Your Brain* he states, "… physical changes may occur in a person's brain when regular Spiritual Practice or Meditation is done.

The interior cingulate *(Curved Bundle of Nerve Fibers in each Hemisphere of the Brain)* appears to be crucial for empathy and compassion and many brain scan studies of Meditators show that this part of the brain has been stimulated by such practices.

We can use spiritual practices to become less greedy, less hostel and to feel compassion towards others."

- Extracted from *How God change your Mind,* by Andrew Newberg, and Mark Robert Waldman, ©2009, Page 18-19

In the Hindu Tradition the Crown Energy Center is called the 7th Chakra.

The 7th Chakra function is pure intuition. Intuition differs from belief in part because it has no system. In a system of belief certain things are always assumed. Intuition assumes nothing … it knows.

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, © 1978, Page 158

FOREHEAD ENERGY CENTER

Abstract Understanding is located in the Forehead Energy Center.
which is connected with Buddhic Intelligence.

When Intuition is combined with Buddhic Intelligence and Higher Consciousness - more complex subjects become easy to understand. This occurs when one combines the Energy of the Forehead Energy Center, together with the Energy from the Crown Energy Center – which allows the individual to have ACCESS INTO THE INNER WORLD.

This Energy Center gives a person the ability to see the "Big Picture" and to grasp Universal Concepts more easily.

(Other Energy Centers connected with Intuition are the Forehead and the Crown Energy Centers and facilitates the Down Pouring of Energy from the Crown.)

The Forehead Chakra is associated with the capacity to visualize and understand mental concepts …

- Extracted from *Hands of Light,* by Barbara Ann Brennan, © 1987, Page 78

This author heard her Life Partner Maha Atma Choa Kok Sui tell the following interesting story:

"A Student should think of a blind person.
When you try to explain to a blind person what an elephant is, the blind person will not understand this terminology.
But if you take the person to "see" an elephant itself - and they put their hands on the skin of the elephant and feel its trunk, and feel its ears and feel its size – then they begin to understand WHAT an elephant is …"

In other words our tactile senses allow us to gather the necessary information that permits study or examination – leading to a more complete understanding - however this will take a certain amount of time.

The Forehead Energy Center is also a Center utilized to enhance certain aspects of Clairvoyant Vision.

- Extracted from the Notes of Charlotte Anderson

AJNA ENERGY CENTER

The Ajna Energy Center of the "Higher Will" and is sometimes called the "Directing Center".

- Extracted from the Notes of Charlotte Anderson

The brow center, or ajna chakra … integration of ideas and experience, capacity for organization … it is the organ of visualization … the center of perception … When it is interconnected primarily with the throat center, this indicates an active use of the creative imagination.

- Extracted from *The Chakras and the Human Energy Fields,* by Shafica Karagulla, Dora van Gelder Kunz, ©1989, Page 39

From the Theosophical view as well as the other schools, the Ajna Energy Center is connected with the Abstract Mind with Abstract Thinking, as well as to understanding Theories and Ideas.

It is the Will Center of the very intelligent individuals, of disciples or refined people and it is connected to the "higher mind".

- Extracted from the Notes of Charlotte Anderson

… sharp mind, intelligence, and discrimination … on the other hand…dull mind, slow to respond, lack of discrimination, and possibly psychotic tendencies or psychological disorders …

- Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 73

When the Ajna Energy Center is weak, the "Higher Intuition" of the Client is negatively affected. Their Direct Inner Perception may also be clouded, and the Client's Sense of Instinct may likewise be affected.

The human brain is split into a Right Hemisphere and a Left Hemisphere.
Each Hemisphere dominates a specific set of functions. The Right side is considered to be the more Creative and the Left side more Rational.

THROAT ENERGY CENTER

In the Theosophical Tradition, the Throat Energy Center is connected with Higher Creativity, while the Sex Energy Center is connected to lower Creativity. This is considered to be the center for the lower concrete mind.

This is the throat center (larynx) in its association with the mental principle. … the Concrete Thought (lower mind)

- Extracted from *The Apocalypse and Initiation,* by Daisy E. Grove, ©1926, Page 46

This is the communication center...if you have something to say and you do not say it, your throat chakra will tighten up and result in a sore throat, laryngitis, or "a frog in your throat".

-Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1987, Page 29 and 81

If the Throat Energy Center is not Balanced then a person may become so involved in the details of a Project that they are unable to see the bigger picture.

The fifth chakra is the center of expression and purification… express ideas and to communicate clearly with others … on the other hand … inability to express well. Holding emotions in this center results in being, "all choked up." Fear of exposing oneself, lack of spontaneity. Personality is unable to expand in work or life, and unable to create new ideas. Generally fearful …

-Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 72

HEART ENERGY CENTER

… there are clouds of affection and devotion, and he who feels these noble emotions may receive through his Heart Chakra a wonderful enhancement of them

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 50

The Heart Energy Center is connected with Love, Peace, Compassion, and "caringness" (caring for others).

- *Extracted from the Notes of Charlotte Anderson*

The fourth Chakra, located at the heart, is the Chakra of Love, Affinity and Compassion … Love for another … many types of Eastern meditation center on the opening of the fourth chakra.

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 28

It has been demonstrated that when a person is very upset, when the Heart Acupuncture point is stimulated the person will immediately calm down.

In individuals who meditate regularly, the heart center is larger than usual, for it expands easily.

- Extracted from *The Chakras and the Human Energy Fields*, by Shafica Karagulla, M.D. Dora van Gelder Kunz, ©1989, Page 56

The Activation of the Heart Energy Center through Meditation has a similar effect. A highly developed Heart Energy Center is what gives a person the desire - to serve humanity in a positive and uplifting way.

The more open this center becomes, the greater is our capacity to love and ever widening circle of life…Once we have experienced this open loving state … we can see the uniqueness and inner beauty and light in each individual as well as the negative or undeveloped aspects.

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 76

Increasing the size of the Heart Energy Center enhances the desire of the soul of the Client to become more interested in living a life dedicated to uplifting humanity.

… the center of love … loving others. Generally a giving, sharing person, feeling

and emotional … Love is directed toward people, animals, and nature … off from others … Usually stored pain from childhood prevents love from flowing in or out, as it activates that pain. Can also be cold and inhuman.

-Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 72

SOLAR PLEXUS ENERGY CENTER

The Solar Plexus region corresponds directly with the astral or emotional body.

- Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 89

The Solar Plexus Energy Center is not the bad Energy Center.
But it should be noted that Negative Emotions frequently go to the Solar Plexus Energy Center as well as to the liver – which frequently causes dysfunction in this Center and may lead to conditions of the organ or surrounding organs.

If we are anxious we should focus upon whatever is to us a symbol of peace and visualize this not only during meditation but also during the day whenever anxiety begins to arise in us.

- Extracted from *The Chakras and the Human Energy Fields*, by Shafica Karagulla, M.D. Dora van Gelder Kunz, ©1989, Page 169

A strong and healthy Solar Plexus Energy Center allows the Client to have good Self- Esteem.

If the will center reads passive … the person will be unable to reach out for what he wants … he will not be able to stand up for his rights or his turn …

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 85

While the Solar Plexus is the seat of lower Emotions, a strong healthy Solar Plexus Energy Center is required in order to become Successful, Courageous, Daring and Powerful. It is also the Center of the lower Will, the Center of the Masses, the lower mind.

- Extracted from the Notes of Charlotte Anderson

… It affects all the psychic energies in the body and creates a general imbalance and disharmony in a person … When you're frightened or nervous, and your stomach clenches up, you're feeling the tightening of this center.

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 28

NEGATIVE SELF-IMAGE RESULTS IN NEGATIVE PRIDE

It can be frequently noted that low Self-Esteem is one cause of Negative Pride. Very often when a person lacks education or when an individual is very insecure – this is a strong indication that Healthy Self-esteem has never been developed within their personality. It is necessary for each individual to understand their strengths and their weaknesses.

Such individuals may make a list with their positive and less positive qualities in order to begin to develop a more balanced perception of how many positive qualities they actually possess.

No one is strong in every area. It is completely natural for the talents and/or qualities within a person - to require training and development.

Source of the astral body, the center of individualized consciousness, or ego … a strong personality … can control situations for personal benefit. Competition, domination of others, personal success, and possessiveness in relationships are some signs of this center. Represses emotions … avoidance of competition … desire … insecurity in life …

- Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 71

Practitioners need to actively promote Positive Thinking and a Stronger Drive in their Clients. When Clients are trained - to redirect their aggressiveness towards more Positive Choices - they may become much more Successful.

When the Solar Plexus Energy Center is Negatively Affected - a Client may have selfish outbursts of Anger, or be easily frightened or generally imbalanced in other ways.

Deep-red flashes, usually on a black ground, show anger; and this will be more or less tinged with brown as there is more or less of direct selfishness in the type of anger. What is sometimes called "Noble Indignation" on behalf of someone oppressed or injured may express itself in flashes of brilliant scarlet on the ordinary background of the aura. Lurid, sanguinary red-a color which is quite unmistakable, though not easy to describe – indicates sensuality.

- Extracted from *Man – Visible and Ivisible,* by Charles W. Leadbeater, ©1927, Page 66

SPLEEN ENERGY CENTER

When this Energy Center is weak or imbalanced the Client may Feel a Lack of

Vitality and frequently they may also feel despondent. When the Spleen Energy Center is functioning properly the Client usually Feels strong and healthy.

The Spleen Chakra is the center through which we perceive other people's emotions … problems that may arise … you are in a good mood when you meet your friend for coffee and a chat, but your friend has problems and is depressed … Feeling much better your friend goes away happy and relieved. You, on the other hand, feel strangely depressed …

-Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 28

Has anyone noticed that when you are interacting with certain people - your Energy Level drops? This occurs because the person absorbs some Energy from your Spleen - which causes you to become weak.

In this Tradition we always "Cut" from the Spleen when we are through Teaching. We also do this each time we finish Treating Clients.
When the Energy Links to the Spleen are cut – a Practitioner usually remains very strong and healthy.

- Extracted from the Notes of Charlotte Anderson

MENG MEIN ENERGY CENTER

The Meng Mein Energy Center is recognized in Chinese Traditional Medicine. It facilitates the Movement of Energy - from the Basic Energy Center to the other parts of the body.

Mingmen … it is the place where the warming yuan (source) qi … spreads around the body by the San Jiao *(via "Triple Heater or Triple Energizer* … This information is from Wikipedia)

- Extracted from *Fluid Physiology and Pathology in Traditional Chinese Medicine,* by Steven Clavey, ©1995, Page 119

NAVEL ENERGY CENTER

This Energy Center Absorbs, Transforms, Balances and Distributes Chi Energy throughout the body. The Navel Energy Center is the Center of Lower Sensitivity and the Instinct for Knowing.

- Extracted from the Notes of Charlotte Anderson

The Navel Energy Center is connected to our "Lower Intuitive Sense" –with

knowing what to do" automatically. For example, when an object is thrown at us – we catch the object thrown *automatically.*

Another example is in Martial Arts. In Martial Arts - a Practitioner does not have "To Think" about the next move. Instinctively they know what to do when confronted by an opponent.

This is the Energy Center where "Chi-Energy" is stored.
When the Navel Energy Center is "blocked", the person may have a very active Sex Drive.

Navel Energy Center blockages may also cause the person to exhibit a tendency toward having Emotional outbursts.

Or they may suffer from Low Vitality, or be Mentally Distracted or Be Unfocused in their Thinking.

- Extracted from the Notes of Charlotte Anderson

… the Navel Chakra and the others higher in the body are ports of entry for forces which affect human consciousness.

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 47

SEX ENERGY CENTER

The Sex Energy Center is the Center connected to our Sex Drive.
It is normal for a person to have a strong Sex Drive.
However if a person has difficulty in controlling their Sexual Energies, both the Sex Energy Center and the Navel Energy Center should be treated.

- Extracted from the Notes of Charlotte Anderson

If a man is unable to achieve an erection or when a woman is "frigid" - Cleansing and Projection of Vital Life Energy to them - may assist in normalizing the condition.

… a severe block in the male Pubic Chakra is usually accompanied by…an inability to achieve an erection …

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 74

The Sex Energy Center is the Center for Physical Procreation and Lower Creativity.

A strong healthy Sex Energy Center is not only needed to have a *Normal* Love Life, it is also required in order to develop and maintain a high level of Active Intelligence.

The Sacral Energy Center is related to the quality of love for the opposite sex that the person is able to have … is related to the quantity of sexual Energy of a person.

If he blocks this particular Chakra, whatever sexual force and potency he has will be weak and disappointing. He will probably not have much sexual drive, tend to avoid sex and disclaim its nourishment in that area…*(because)* orgasm bathes the body in life energy …
The Sacral Center is related to quantity of sexual Energy of a person. When this center opens a person feels his sexual power.

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 72

When Sexual Energy is transmuted it manifests as Greater Intelligence, as Higher Creativity and this process requires a certain degree of Sexual Energy to be present.

In general, we may note that people with strong Sex Energy Centers frequently have very interesting lives. This is why Artists, successful Businessmen, Politicians and Super Stars - frequently tend to be quite colorful. Sometimes they are "loud" in their speech or behave in a very controversial manner.

This occurs because the Throat Energy Center is the "Higher Correspondence" of the Sex Energy Center, which is usually Increased in Size … and it is also frequently Contaminated or Congested. The Practitioner may better understand their Behavior through carefully analyzing the condition of such Individuals' Sex and Throat Energy Centers.

- Extracted from the Notes of Charlotte Anderson

The Throat Centre, corresponding to the Sacral Centre.

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 177

It is very important for a Practitioner to understand something about Energy Contamination since this frequently occurs when sexual partners are Energetically Incompatible with each other, when Sexual Transmitted Diseases are present or when the Energy is Mismatching - in other ways.

This means a person with a refined Energy System, such as one who does not eat

meat or who eats predominantly a vegetarian diet or a person who does not drink or who does not smoke and a person with a more dense Energy system are not compatible. Likewise a person who does regular meditation may be energetically more compatible with others who also engage in similar Spiritual Practices or Activities.

Contamination may also occur due to exposure to or having a sexually transmitted disease. When we say Sexually Transmitted Disease - this may mean any of the sexually transmitted diseases up to and including HIV or Aids.

A cord in the Chakra of Sexuality and emotion (may mean) either, "I am interested in you sexually"…you may or may not wish to remove a Sex Cord, according to whether or not you're enjoying it …

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 80

What else may cause the Sex Energy Center to get dirty?
Improper Hygiene, not keeping oneself Etherically Clean, or having a Wrong Attitude about Sex – all may cause the Sex Energy to become stuck in the Sex Energy Center.

When the Sex Energy Center is dirty, if it is itchy, or if it is grey – it is Sick.
Meditating on a floor that is not Clean may also cause the Sex Energy Center to become dirty, because the Practitioner is absorbing the Dirty Energy into their system - through the Perineum Energy Center, thereby also contaminating the Sex Energy Center.

- Extracted from the Notes of Charlotte Anderson

BASIC ENERGY CENTER

For a person to be truly Dynamic, the Basic Energy Center should be Strong. This is also connected to getting a job, making money, earning a living.

Within the astral body are to be found … major astral centers or chakras, which correspond to those on the etheric level.

- Extracted from *The Chakras and the Human Energy Fields*, by Shafica Karagulla, M.D. Dora van Gelder Kunz, ©1989, Page 53

The Basic Energy Center is the Energy Center of Dynamic Action. It is the Energy Center that gives a person the self-confidence required to be courageous.

(*The*) First chakra is the center of survival…it is to go beyond animal survival instincts … First orientation is toward material, needs of home, money, food, and possessions … Second orientation is usually disconnected from the material world, concrete reality and the physical body. Tends to be a dreamer and can be psychologically unstable. Also has difficulty in giving and receiving in relationships.

- Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 70

When the Basic Energy Center is Strong and Clean - it is easy for a person to find and keep a job, to be promoted, make money, and be Successful. When a person has no Energy - it is very difficult to become Prosperous.

L4– Lesson 4	**PROJECTION OF COLORED ENERGIES** **USE DIVINE ENERGIES - BRILLIANT ELECTRIC VIOLET ENERGY, LUMINESCENT WHITE ENERGY AND GOLDEN ENERGY**
Organizational:	Approximately 45 min
Power Point	
Book Reference	*The Art of Spiritual Healing,* by Keith Sherwood, ©1985 *Charka Healing and Karmic Awareness,* by Keith Sherwood, ©2005 *The Astral Body,* by A.E. Powell, ©1927 *Esoteric Healing,* by Alice A. Bailey, ©1953 *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978 *Prana, The Secret of Yogic Healing,* by Altrea, Samuel Weiser, Inc, ©1996 *Hands of Light,* by Barbara Ann Brennan, ©1987 *Kahnuna Healing,* by Serge Kahili King, ©1983 *Etheric Double – The Health Aura,* by A.E.Powell, ©1925 *Practical Psychic Self Defense Handbook,* by Robert Bruce, ©2011 *Filters of the Reproduction of Sunlight and Daylight and the Determination,* by Raymond Davis, Kasson Stanford Gibson, ©1931 *Hands – On Spiritual Healing,* by Michael Bradford, ©1993 *Dynamic Thought of the Law of Vibrant Energy,* by William Walker Atkinson, ©1906 *Taoist Cosmic Healing,* by Mantak Chia, ©2001 *Color Healing Chromotherapy,* by Health Research, ©1996 *Man – Visible and Invisible,* by Charles W. Leadbeater, ©1927 *The Principles of Healing Chromotherapy,* by Edwin D. Babbitt, ©1878 *Amazing Secrets of Psychic Healing,* by Benjamin O. Bibb, ©1878
Internet	www.pranichealing.org www.mcmillinmedia.com
Audio	CD Planetary Meditation on Peace, by Master Choa Kok Sui
Other	**APPENDIX B** – More on *The Planetary Meditation for Peace* **APPENDIX C** – Text for *The Planetary Meditation for Peace*

*These book references apply only to this Sequence that you are reading

THE PROJECTION OF COLORED ENERGIES

REVIEW ON COLORED ENERGIES

In the field of Subtle Energy there are varying "Degrees" or "Grades" of Refinement within the Spectrum of the Energies themselves. Some are Coarser while others are more Subtle.

If Clients are Energized with too much Coarse Energy this may cause Energy Congestion.

In many cases when Energy of a more Refined Quality is Projected – there is a greater Effect *(even with less Energy being Projected).*

This occurs because the more Refined Quality of Energy - is more Rapidly and Easily absorbed by the Client.

Examine the diseased tissue for abnormalities. Remember, empathy is important if you want to see your patient's problem in its fullness. Complete your diagnosis with a **COMPLETE SCAN** of your patient's aura and physical body.

- Extracted from *The Art of Spiritual Healing,* by Keith Sherwood, ©19855, Page 131, Emphasis by the compiler

MONITORING THE TREATMENT

It is for this reason it is recommended that a Practitioner constantly check and re-check throughout the Treatment - "Re-Scanning" frequently.

On countless occasions, when this compiler observed her Life Partner, Maha Atma Choa Kok Sui doing Healing, she noticed that He would Heal with one hand (or with a Crystal or a Dorje or a Chopstick in His hand) – Treating with one hand while Monitoring with the other hand.

He had an interesting habit of *Constantly Monitoring* the result of the various parts of the Treatment - with the free hand.

This was done through constantly Feeling the Energy, by constantly Observing the condition of the Client and their Energy System - as well as the Energy Centers of the Client.

When using this approach, it is possible for a Practitioner to become Aware of even Subtle Nuances or "Changes in the Energy" *As They Occur!*

Regular monitoring through Feeling the Energy or Scanning is another way to make Treatments significantly more effective. This will also help to avoid Energy Congestion in the Client.

- *Extracted from the Notes of Charlotte Anderson*

Independent energy blockages will be easy to locate since they float freely in the auric fields on all worlds and dimensions. When you locate an independent energy blockage **SCAN IT** for state, size, shape, density, polarity, level of activity, and surface texture.

Extracted from *Chakra Healing and Karmic Awareness,* by Keith Sherwood, ©2005, Page 125, Emphasis by the compiler

USE LOVING KINDNESS TO PROJECT ENERGY

It is recommended that Practitioners place one hand in the area of the heart when both Feeling Energy and when Projecting Energy. This Practice creates a Loving Quality of Energy.

This Spiritual Heart is located in the middle of the chest. Putting your hands on this area, you are feeling your Heart and you are feeling your Soul, which is the most intimate place of your particular me … The Heart brings into it the energy of sensitivity and beauty … a sweet feeling of being touched.

- Extracted from *Transmission of Awakening: The Teaching of Aziz,* Aziz Kristof, ©1999, Page 93

When Energies are Projected with Kind Intent, more rapid improvement is generally noted. The soft quality of the Loving Intention combined with the Energy Projected, will then penetrate the area being treated more deeply.

Friendly thoughts and earnest good wishes thus create and maintain what is practically a "guardian angel" always at the side of the person thought of, no matter where he may be … It is thus apparent that a thought of love sent from one person to another involves the actual transference of a certain amount both of force and of matter from the sender to the recipient.

- Extracted from *The Astral Body,* by A.E. Powell, ©1927, Page 161

Remember to be certain to instruct the Client to be "Open" to the Treatment at the beginning of the Session. This will assist in the more Rapid Absorption of the Energy and the Client will Recover more rapidly.

Feel a deep love pouring into you. Regard it as substantial light, which you can and will manipulate. Then send is out as a stream of radiant light … direct it through … your Hands to the patient …

-Extracted from *Esoteric Healing*, Alice A. Bailey, ©1953, 6th Printing 2007, Page 104

A Practitioner should never use their "Will" during Treatments. This is particularly true when Treating Emotional Conditions

REVIEW ON PROJECTION OF COLORED ENERGIES

Let's review the necessary Information and Techniques from Level II.
To Project Colored Energy is easy.

Simply Envision a tube of Pale Energy coming out of your Palm Energy Center.
Project this Energy toward the floor.
Then add the desired Pale Colored Energy to the Outer Edge of the Tube.

Using Colors to heal others is highly effective. Simply imagine the color of your choice flowing through your hands into your friend's body and/or chakras and aura.

-Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 75

Obtaining the correct color is easy.
The Practitioner only needs to focus on the Energy Center that contains the required Color. Automatically and Immediately the Energy that the Practitioner needs to Project - will flow due to the Intention of the Practitioner.

Many psychics visualize colored Energy and Color visualization varies with the strength of the Energy transmitted.

- Extracted from *Psychic Healing,* by Amy Wallace and Bill Henkin, ©1978, Page 46

The Quality of the Projected Energy will depend on the degree of the refinement of the Practitioner as well as on the ability of the Practitioner to Project the Energy. Practice of *The Planetary Meditation for Peace* is strongly recommended for all Practitioners wishing to give Powerful Treatments.

In Pranic Healing, we transmit the neutral Prana with the love of the heart. Love is not forceful or violent; therefore it is impossible to force anything to leave with Prana transmitted with Love.

- Extracted from *Prana, The Secret of Yogic Healing,* by Atreya, Samuel Weiser, Inc, ©1996, Page 39

Another technique to assist in Projecting more Loving Energy – is for the Practitioner to Touch their Heart – in order to soften the effect of the Energy – which allows more absorption of the Energy, at a faster rate.

- *Extracted from the Notes of Charlotte Anderson*

HOW TO BEGIN A TREATMENT SESSION

When Beginning a session:

1. Complete the Energy Circuit
2. Touch your Heart so that the Energy of the Color being Projected will not become too strong
3. Become Internally Still
4. Do Yogic Breathing
5. Create a Strong Internally Positive State
   Silently say, "I Feel happy"
   Feel the Energy

… you can practice sensing the energy … through feeling them with your hands.

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 81

6. When more Energy is needed bend your knees
   This will Increase the amount of Earth Energy coming in your body
7. Please, keep your body flexible
   Do not allow your body to become rigid or stiff while performing a Treatment. Relax!
8. When using Colored Energies it is the best to use Light Colors.
9. Between producing the different shades of Colored Energies, please remember to Flick your hands!

- *Extracted from the Notes of Charlotte Anderson*

Some Healers perform little rituals such as flicking their fingers to wash away or discharge the patient's Energy … for the healer to be safe …

- Extracted from *Kahuna Healing,* by Serge Kahili King, ©1983, Page 124

… it is sufficient to jerk the hands sharply downwards and away from oneself, or the magnetism may be thrown into a basin of water, the water afterwards of course being thrown away … after this preliminary portion of the treatment …

- Extracted from *Etheric Double – The Health Aura,* by A.E. Powell, ©1925, Page 77

The Shaking or Flicking your Fingers Technique Releases the frequency of one kind of Energy – prior to the Practitioner shifting to the next Color they wish to Project.

EXERCISE ON PROJECTION OF COLORED ENERGIES

How to **Activate** and **Energize** your Aura and Chakras (the Subtitle of the book *The Human Aura)*

- Extracted from *The Human Aura,* How to Activate and Energize your Aura and Chakras, by Kuthumi, Djwal Kul, dictated to Mark L. Prophet and Elizabeth Clare Prophet, ©1971

PROJECTION OF RED ENERGY

Red Energy may be used to Increase the Size of an Energy Center.

LET'S PRACTICE

1. Do Yogic Breathing
2. Smile
3. Complete the Energy Circuit
4. Touch your Heart
5. Focus your attention on your Crown Center
6. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
7. Inhale … Exhale … Project
   Project this Energy onto the floor
8. Continue to Envision this flowing Luminescent White Energy coming from your Palm
9. Now, Focus on your Basic Energy Center
10. Think of the Color Red
11. Envision a tube of Pale Red Energy coming out of your Palm Energy Center
12. Project this Energy to the floor
11. Inhale … Exhale … Project

12. Can you Feel a difference between the Luminescent White Energy and the Pale Red Energy?
13. Now Shake your Hands

- *Extracted from the Notes of Charlotte Anderson*

Red heals problems related to the lower parts of the body such as the legs, rectum and colon … it connects us back with the materialistic world if we become too spiritual … Red signifies vitality, life and physical healthiness.

- Extracted from *Crystal Awareness,* by Catherine Browman, ©1987, Page 141

Practitioners should take special care when Red Energy is being Projected - if the Client has a known or suspected to have a Sexually Transmitted Disease (STD). The Quality of this Energy stimulates the latent Nature of some Conditions. For example, if Red Energy is used, cases of Genital Herpes may become activated - causing a "breakout".

PROJECTION OF PALE BLUE ENERGY

Pale Blue Energy is used to reduce the size of an Energy Center

" ... secured by the use of some blue ..."

- Extracted from *Filters for the reproduction of Sunlight and Daylight and the Determination,* by Raymond Davis, Kasson Stanford Gibson, ©1931, Page 14

LET'S PRACTICE

1. Do Yogic Breathing
2. Smile
3. Complete the Energy Circuit
4. Touch your Heart
5. Focus your attention on your Crown Energy Center
6. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
7. Project this Energy onto the floor
8. Continue to Envision this flowing Luminescent White Energy coming from your Palm
9. Now, Focus on your Throat Energy Center
10. Think of the Color Blue
11. Envision a tube of Pale Blue Energy coming out of your Palm Energy Center

12. Project this Energy to the floor

13. Inhale … Exhale … Project
14. Can you Feel a difference between the Luminescent White Energy and the Pale Blue Energy?
15. Now Shake your hands
16. Relax

- *Extracted from the Notes of Charlotte Anderson*

Blue is the color that can soothe any tormenting emotions …

- Extracted from *Crystal Awareness,* by Cathrine Browman, ©1987, Page 144

PROJECTION OF PALE VIOLET ENERGY

LET'S PRACTICE

1. Do Yogic Breathing
2. Smile
3. Complete the Energy Circuit
4. Touch your Heart
5. Focus your attention on your Crown Energy Center
1. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
2. Inhale … Exhale … Project
   Project this Energy onto the Floor
3. Continue Envision this flowing Luminescent White Energy coming from your Palm
4. Now, Focus on your Crown Energy Center
5. Think of the Color Violet
6. Envision a tube of Pale Violet Energy coming out of your Palm Energy Center …
7. Project this Energy to the Floor
8. Inhale … Exhale … Project
9. Can you "Feel" a difference between the Luminescent White Energy and the Pale Violet Energy?
10. Now, Shake your hands

- *Extracted from the Notes of Charlotte Anderson*

Violet, linked to the crown chakra … Violet can be used for an overall emotional and physical healing.

- Extracted from *Crystal Awareness,* by Catherine Browman, ©1987, Page 144

THE POWER OF DIVINE ENERGIES

(Use) … Divine Healing Energy … instead of giving all your energy away, try connecting with the Divine force in your life and asking for their help to provide healing energy through you to your subject. Divine energy is unlimited …

- Extracted from http://www.paganspath.com/healing/healingenergy.htm on Dec 02-2012

When Using Divine Energies, the Practitioner should remember - that Divine Energies - enter into the Crown. When a Practitioner focuses their attention on their Crown Energy Center – and Projects Divine Energy - it Eradicates the Elementals on Contact.

One Technique to Remove and Eradicate these Energy Beings is to "Flood" the Crown and Back Heart Energy Centers - with Brilliant Electric Violet Energy. Then Say,

Thank you for Cleansing and Purifying All of this Client's Subtle Bodies! So Be it!!

- *Extracted from the Notes of Charlotte Anderson*

For the first time, this compiler is revealing a few more Advanced Techniques regarding the utilization of Luminescent White Energy, Pale Violet Energy and Brilliant Electric Violet Energy

Electric Violet	
Color coordinates	
Hex triplet	#8F00FF
sRGBB (r, g, b)	(143, 0, 255)
CMYKH (c, m, y, k)	(44, 100, 0, 0)
HSV (h, s, v)	(274°, 100%, 100[9]%)
Source	HTML Color Chart @274
B:Normalized to [0–255] (byte)	
H:Normalized to [0–100] (hundred)	

The color at right, **ELECTRIC VIOLET,** is the closest approximation to Middle *spectrum violet* that can be made on a computer screen, given the

limitations of the sRGB color gamut. It is an approximation of the color violet at

about 400 nanometers as plotted on the CIE chromaticity diagram. Other names for this color are **middle violet** or simply **violet**.

- Extracted from www.wikipedia.org

The color of cleansing actions is important, as different colors will have different effects. **ELECTRIC VIOLET** is the most effective color, I have found, for countering negative energies of any kind. This color has a high vibrational rate, and using it raises the vibrational colors. Electric-violet can be difficult to hold clearly with imagination. Doing so needs practice.

- Extracted from *Practical Psychic Self Defense Handbook,* by Robert Bruce, ©2011, Page 76

THE QUALITIES OF HIGHER ENERGIES

The Crown Energy Center as a *Source* for the Frequency *(or Rate at which the Vibration of the Colored Energy occurs)* of Divine Energies – including Pale Violet, Gold and Brilliant Electric Violet Energy … because the Crown Energy Center is the location of the greatest amount of Divine Energy within the Energy System. It is for this reason, when Practitioner's focus their attention on their Crown Energy Center – they may rapidly and easily access these Divine Frequencies.

It has also been observed that after this special Energy is Projected, Brilliant Electric Violet Energy becomes Golden Energy and later may even take on Reddish tones. Practitioners should note that Divine Energy has the Quality of sometimes becoming Warm – or Cold - depending on the need of the situation.

The Client may sometimes report changes of Temperature during a Treatment. The Cold Feeling is sometimes due to the Down-pouring of Divine Energy – but the Coldness - may change and become a Warm Feeling after a few moments.

Most frequently these Temperature Shifts occur when Higher Energies have been Projected. and are then Absorbed by the Client's Body.

It has also been noted that when a Client needs more Energy – sometimes they report feeling - a certain degree of Warmth during a Treatment.

This occurs because Divine Energy has an "Intelligence" of its own.
Like all Divine Energies, Golden Energy has the quality of being cooling in nature.

- *Extracted from the Notes of Charlotte Anderson*

Increasing the Size of the Energy Centers should be done through the Application of Specific Colors of Energy that Emit the required Qualities. The General Rule for this procedure is:

From the Solar Plexus Energy Center Upward –
Apply Brilliant Electric Violet Energy.
From the Solar Plexus Energy Center Downward –
Apply Pale Red Energy

Remember Not to Use Red Energies if the Client has Hypertension, Caner or STD's.
Instead Shrink the Energy Center Using Pale Blue Energy

- *Extracted from the Notes of Charlotte Anderson*

Please note, if a Client has a very Coarse Energy Information Field - it is sometimes more effective to use Pale Violet Energy. The Coarse Quality of such a Client's Energy becomes less resistive to the softness of this Energy … & it then takes on a more penetrating effect.

In case of Children – Luminescent White Energy – is considered to have a softer effect - that is more compatible with the Quality of a Child's more Sensitive System.

Luminescent White, Brilliant Electric Violet *(like the Violet Energy found at the Outer Edge of a Bolt of Lightning)* and Golden Energies - are very special qualities of Energies - that are particularly effective when applied for the Removal and Eradication of unwanted Negative Energies *(such Thought Forms, Elementals and Energy Entities)*. Sometimes this compiler heard her Life Partner, MCKS say that these Energies are "Anti-Elemental".

- *Extracted from the Notes of Charlotte Anderson*

The white light raises your vibrations, cleanses your body's energy (aura) and your mind of negativity, and brings your whole being closer to the Divine.

- Extracted from http://www.healingplace.org/ docs/healing_soul.htmlon Dec 02-2012

When finished, I cleaned out the entire stomach and intestine area with dazzling white healing energy. At the point I felt certain that the task was accomplished, so I broke the contact.

- Extracted from *Amazing Secrets of Psychic Healing,* by Benjamin O. Bibb, ©1878, Page 73

… white, gold, violet and pink. Emerald green is the color of healing…white represents the purity and spirituality. Gold represents wisdom and enlightenment,

Violet represents transformation and transmutation. Pink represents unconditional love.

- Extracted from *Hands – On Spiritual Healing,* by Michael Bradford, ©1993, Page 142

It should be noted, that when the Nadis or Meridians of a Client are not sufficiently Purified – there is frequently a tendency for the body to be disquieted – or to move - due to the degree of the "Higher Energies" entering the system of the Client while being Treated.

These kinds of conditions may occur either during the Projection of Energy during a Treatment Session or may be noted by a Practitioner during their Meditation – when Divine Energy "comes down", entering into their Crown and flooding their entire Energy System.

Special Qualities of Colored Energies were brilliantly described by William Walker Atkinson, when he said:

… the deep red grows lighter and brighter, gradually changing into orange, then into yellow, then into green, then into blue, then into indigo, then into violet, and then into the color of "white-heat." Then this "white-heat" changes into a still more dazzling white, and then a white impossible to describe appears, so bright, clear and brilliant that the eye cannot
bear the sight.

Then, suddenly, the intense brightness is succeeded by absolute darkness, and the moving Top cannot be seen by the eye by eye – and yet it moves on. The highest recorded chemical rays of light are estimated to equal a rate of vibration of 1,875,000,000,000,000 per second.

The vibration of the lowest shade of red light is estimated at 450,000,000,000,000 and the highest of violet at 750,000,000,000,000 per second, so we may imagine what the highest line on the spectrum is like. Still vibrating, our Top, which has become now a Mass of Vaporized Iron, rapidly tending towards still more ethereal form.

It has passed out from the region of light-waves, into another "Unknown Region" of Vibration, in which region, however, exist the vibration known to us as the "X-Rays," etc. It is throwing off great quantities of Electrons. If we were to use a fluorescent screen we would be able to observe the phenomena of the Roentgen Rays, and similar manifestations of Radiant Energy.

- Extracted from *Dynamic Thought Or the Law of Vibrant Energy,* by Wiliam Walker Atkinson, ©1906, Page 131

(Instructors please note a larger rendition of this passage appears in Appendix E.)

The effect of Divine Energies may also be noted in a personal way by observing the bodies of new Meditators – which likewise may inadvertently move during their meditations. More mature Meditators whose bodies have been purified to a more substantial degree – can in general maintain a greater degree of Stillness – because their systems have become more accustomed to the effect of these Higher Energies.

When a Client's body moves do not be concerned. This is not dangerous. It simply is a clear signal that means the Divine Energy requested by the Practitioner for the benefit of the Client has been received.

(Using) Divine healing Energy is not a gift; it is a Teachable, Learnable Skill.

- Extracted from http://www.lightworkers method.com/ on Dec 02-2012

As stated above when a Practitioner Projects Brilliant Electric Violet Energy sometimes it will turn to Gold Automatically or may shift from Brilliant Electric Violet Energy to Golden Energy and then from Golden Energy back to Brilliant Electric Violet Energy. Divine Energies are considered to have a "Consciousness" or an "Intelligence" of their own – as these Energies will Automatically move to the part of the body or of the Clients life that needs Balancing or Harmonizing.

- *Extracted from the Notes of Charlotte Anderson*

BRILLIANT ELECTRIC VIOLET ENERGY

ELECTRIC VIOLET LIGHT has a Consciousness of its own.
It knows where to go and what to do.
For example, if the Divine Energy is projected to the ajna chakra … it will go to the affected chakras and the affected parts.
Diseased energy will be expelled. Over-activated chakras will be inhibited. Under-activated chakras will be activated. Organs that are weak will be strengthened. Organs that are inflamed will be soothed.

- Extracted from www.ascensionresearch.org/heal.html, on the 8th March 2012, Emphasis by the compiler

Historically Brilliant Electric Violet Energy is connected with St. Germain and the Violet Flame.

ELECTRIC VIOLET is derived from the soul through the crown of the head, the point connected to the North Star and Big Dipper. It is many times more powerful than ordinary violet Chi. The ability to harness electric violet Chi corresponds with

the practitioner's level of advancement in developing the crown and higher senses. Because electric violet Chi has been acted upon by the soul, it has the capacity for independent thought and action.

- Extracted from *Taoist Cosmic Healing,,* by Mantak Chia, ©2001, Page 75, Emphasized by this compiler

Brilliant Electric Violet Energy is a Luminescent Pure Powerful Divine Energy that is considered to have an Intelligence of it's own. This means that when Brilliant Electric Energy is Projected - it will not only go where it is directed. It has been
observed that when Projected, this Divine Energy may also go to other areas of a Clients body or even to other areas of their life that need healing. This is because the Brilliant Electric Violet Energy moves automatically to different parts of the body where this special quality of Energy is required.

- *Modified and Extracted from the Notes of Charlotte Anderson*

… beyond the violet is the ultra violet.

-Extracted from *Color Healing Chromotherapy,* by Health Research ©1996, from 21 Works of Leading Practitioners - Corine Health

The ultra-violet tints denote the higher and purer developments …
Occult advancement proclaims itself not only by these colors, but also by the greater luminosity of the various bodies, and by their increased size and more definite outline.

- Extracted from *Man-Visible and Invisible,* by Charles W. Leadbeater, ©1927, 10th Printing 2008, Page 70

Brilliant Electric Violet Energy has multiple applications that you will learn about in more advanced courses. For example it can penetrate physical and non-physical objects, subtle bodies, places, buildings and intense matter.

Brilliant Electric Violet Energy is safe to use and can be gently applied to even the most Sensitive Parts of the Physical Body.

Using Divine Energy is extremely powerful and it is a force in removing unwanted Energies from many levels of the Physical and Subtle Bodies including both the Astral and Mental Level.

- *Modified and Extracted from the Notes of Charlotte Anderson*

Imagine and feel a softball-sized white or electric-violet energy ball forming

over your fingertips. The **COLOR ELECTRIC VIOLET HAS A HIGH VIBRATIONAL RATE**, and **USING IT RAISES THE VIBRATIONAL LEVEL OF WHATEVER IT TOUCHES.**

- Extracted from *Practical Psychic Self Defense Handbook,* by Robert Bruce, ©2011, Page 74, Modified by this compiler

Brilliant Electric Violet Energy is Transformative in Nature and can change countless conditions from one state to another state. Both physical and emotional conditions may rapidly be changed when proper application of this Divine Energy is made. Treatments using Brilliant Electric Violet Energy are generally profound and even long-standing conditions may frequently be entirely eliminated.

- *Extracted from the Notes of Charlotte Anderson*

GOLDEN ENERGY

Golden Energy is a form of Divine Healing Energy that contains the Highest Frequency of all the Healing Energies and the Practitioner should remember that the Crown Energy Center is the Entry Point for All of the Divine Energies.

Yogic tradition teaches that the one basic **energy**, variously called the **DIVINE CREATIVE FORCE, LIFE FORCE, OR VITAL FORCE … ENTERS THE INDIVIDUAL AT THE CROWN CHAKRA … LIKE A THIN SHAFT OF LIGHT …**

-Extracted from the *Yoga Journal*, Number 37, Mar-Apr 1981,Page 13

Practitioners should do regular Spiritual Practice, Diligently Practice the Virtues and Lead a Moderate Life Style so as to create and maintain the environment necessary to produce the High Vibration of this Energy.

It is the impression of this compiler, that one of the reasons Information about Golden Energy was not Revealed previously in such detail, is because regular Spiritual Practice to Develop and Activate the Crown Energy Center needs to be undertaken seriously in order to Produce the Correct Frequency of this Special Divine Energy.

Practitioners will readily be able to identify the Quality of this Energy when they have been Practicing *The Planetary Meditation for Peace* – as they Project Golden Energy from their Crown to Every Person and Every Being and also to Mother Earth. Therefore, the Quality of this Energy is already "familiar" to most Practitioners at this Level.

It is only required that they develop a broader understanding of the Quantifying factors and functions of this Special Divine Energy.

Instructor Note:
Should the Instructor wish to give more information on The Planetary Mediation for Peace, they may refer to Appendix B and C.

GOLDEN ENERGY IS EXTREMELY POWERFUL!

Golden Energy is subtle but very powerful. It vibrates at a faster rate then other Energies. This Special Golden Energy from the Crown Energy Center has multiple uses. For example, Practitioners will notice that when Golden Energy is used, Cleansing is very rapid.

In a high nature, the colors over the moral and spiritual powers are almost dazzling, with the yellow tint nearly merged into white, and far more exquisite than sunlight.

- Extracted from *The Principles of Healing Chromotherapy,* by Edwin D. Babbitt, ©1878, Page 476

Practitioners will also notice that when Golden Energy is Projected - it is easily Absorbed and it has a particularly Penetrating and Strengthening Quality.

It is recommended to use this Special Energy from the Crown Energy Center - because the various Divine Energies - Naturally contain the Correct Frequency *or rate at which a Vibration occurs.*

Divine Energies of a more Subtle Nature are normally utilized in Level III Treatments and include Pale Violet, Gold and Brilliant Electric Violet Energies. Golden Energy also possesses a Harmonizing Effect can strengthen weak organs rapidly Remove excess Energy and will dissipate Energy Blockades.

As we have previously stated it is important to remember that when Brilliant Electric Violet Energy is Projected it may Automatically turn into Golden Energy because the special
Quality of Golden Energy has Divine Intelligence.

Golden Energy is already partially Physicalized.
Sometimes a Practitioner may report that when using Golden Energy they actually can "see" Golden Flecks or Specks of Golden Energy - in the area where this Energy has been Projected.

If you want a certain type of Projected Energy *to stay* in a certain place, the Practitioner may also Project Golden Energy to Secure the Energy Projected. Then it will stay where it is Projected - rather than moving around. It is more subtle than Pale Blue Energy.

- *Extracted from the Notes of Charlotte Anderson*

… visualize a clean, clear light golden energy flowing gently from your hands and washing over your friend's entire body …

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 47

PRACTICE ON THE PROJECTION OF GOLDEN ENERGY

LET'S PRACTICE

1. Do Yogic Breathing
2. Smile
3. Complete the Energy Circuit
4. Touch your Heart
5. Reconnect to the Divine Energy
6. Feel the Divine Energy coming down in your Crown Energy Center
7. Envision a tube of Subtle Golden Energy coming out of your Palm Energy Center
8. Inhale … Exhale … Project …
   Project this Divine Subtle Energy onto the floor
9. Continue to Envision this Subtle Golden Divine Energy coming out of your palm
10. Now, shake your hands
11. Say, *"Thank You for making my hand Sensitive to the Divine Golden Energy!"*

- *Extracted from the Notes of Charlotte Anderson*

PROJECTION OF BRILLIANT ELECTRIC VIOLET ENERGY

Imaging you are a being washed inside and out with electric violet or white energy.

- Extracted from *Practical Psychic Self Defense Handbook,* by Robert Bruce, ©2011, Introduction, Page xi

LET'S PRACTICE

1. Do Yogic Breathing
2. Smile
3. Then Complete the Energy Circuit
4. Touch your Heart
5. Reconnect to the Divine Energy
6. Feel the Divine Energy coming down in your Crown Energy Center
7. Envision a tube of Luminescent White Energy is coming out of your Palm Energy Center
8. Inhale … Exhale … Project
   Project this Divine Energy onto the floor
9. Continue to Envision this Luminescent White Energy coming from your palm
10. Surround it with little Brilliant Violet Energy on the Outer Edge of the Tube.
11. Inhale … Exhale … Project
12. Project this Divine Energy onto the floor
    (This is just like the Brilliant Electric Violet Energy you may see at the Outer Edge of a Bolt of Lightening. It is "Electric" in Color and Nature.)
13. Now, Shake your hands

PROJECTION OF PINK ENERGY

It is easy to utilize Pink Energy.
When a Practitioner practices *The Planetary Meditation for Peace* regularly they are already very familiar with the Quality of this Loving Energy due to Blessing every person and every being during the Meditation.

Pinkish Energy from the Heart can be used when treating children and old people.

The heart chakra of a loving person is full of rose light on the astral level … and a beautiful rose color is added …

-Extracted from *Hands of Light,* by Barbara Ann Brennan, © 1987, Page 51

LET'S PRACTICE

1. Do Yogic Breathing
2. Smile
3. Then Complete the Energy Circuit
4. Touch your Heart
5. Focus your Attention on your Crown Energy Center
6. Envision a tube of Luminescent White Energy is coming out of your Palm

7. Energy Center
8. Inhale … Exhale … Project
   Project this Energy onto the floor
9. Continue to Envision this Luminescent flowing Energy coming from your Palm
10. Now, focus on your Heart Energy Center
11. Think of Pink Energy produces when Blessing the Earth and Every Person and Every Being
12. Envision a tube of Pink Energy coming out of your Palm Energy Center Project this Energy to the floor
13. Inhale … Exhale … Project
14. Can you Feel a difference between the Luminescent White Energy and the Pink Energy?
15. Now, Shake your hands

When you are finished you may take a seat
(Wait)
(Get Feedback)

L5 – Lesson 5	FEEL AND REMOVE NEGATIVE THOUGHT FORMS, ELEMENTALS AND ENERGY ENTITIES PROTECTION OF THE EIF (SHIELDING)
Organizational:	Approximately 50 min
Power Point	
Book Reference	*Fourteen Lesson in Yogi Philosophy,* by Yogi Ramacharaka, ©1903 *The Science of the Sacraments,* by Charles W. Leadbeater, ©2010 *The Chakras,* by Charles W. Leadbeater, ©1927 *Rules for Spiritual Initiation,* by Zachary F. Landsdowne, ©1990 *Hands of Light,* by Barbara Ann Brennan, ©1987 *Thought Vibration or the Law of Attraction in the Thought World,* by William Walker Atkinson, ©1908 *Etheric Double – The Health Aura,* by A.E. Powell, ©1925 *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978 *The Science of Psychic Healing,* by Yogi Ramacharaka, ©1909 *The Hidden Life of Freemasonry,* by Charles W. Leadbeater, ©2007 *Hands – On Spiritual Healing,* by Michael Bradford, ©1993 *Psychic Development for Beginners,* by William W. Hewitt, ©1996
Internet	www.pranichealing.org

*These book references apply only to this Sequence that you are reading

LOCATING NEGATIVE THOUGHT FORMS, ELEMENTALS AND ENERGY ENTITIES

When "Feeling Energies" touch the Heart to create greater sensitivity,
This will make the result of Assessment more accurate.

To Increase the psychological Well-being of a Client, the Practitioner should perform thorough Cleansing in order to Remove all the Negative Thought Forms and/or Elementals as well as Energy Entities found in an Energy Center or the Energy Information Field of the person.

Thought can be seen by the psychic sight; can be felt by the sensitive …

-Extracted from *Fourteen Lessons in Yogi Philosophy,* by Yogi Ramacharaka, ©1903, 2007, Page 78

First the Practitioner should assess the Quality of the Energy - lodged in the Energy Centers.

When a Practitioner Feels the Energy of an Elemental or Energy Entity within an Energy Center … the Practitioner may have a Feeling of a "Dark Sensation" or a "Not Good" Feeling or may experience other sensations such as a "Sharp" "Biting", Bumpy" or "Rough" Feeling.

Specifically in the case of Negative Entities, they tend to Feel warm "Dirty" and often "Feel Bigger". Elementals tend to be Smaller and Less Hot.

"… and provides a temporary channel through which the force normally belonging to a higher world may descent to a lower, and may produce there results which, without it, could never have come to pass."

- Extracted from *The Science of the Sacraments,* by Charles W. Leadbeater,, Page 12

FORM A CLEAR INTENTION

When these Energies are suspected, simply Form the Intention - to Feel the Energy Center - for any Negative Thought Forms, Elementals or Energy Entities in any areas of the Energy Centers.

First the Practitioner should also Carefully Assess the precise location - of the Negative Thought Forms, Elementals or Energy Entities - that they need to Remove.

IDENTIFY THE QUALITY OF THE ENERGY

With the Pads of one or two fingers the Practitioner should Carefully Check the Individual Areas of the Energy Center.

It must always be remembered that Practitioners only Treat the Energy Body of the Client. Energy Treatments of all kinds should be considered to be a Supportive Technique when used together with Allopathic Medicine

REMOVE NEGATIVE THOUGHT FORMS, ELEMENTALS AND ENERGY ENTITIES

Because of the inherent "Intelligence" of these Divine Energies - Practitioners

May also use Luminescent White, Brilliant Electric Violet or Golden Energy for Cleansing.

Before removing the Negative Elementals, Energy Entities or Thought Forms, it is important to "Freeze" these small Energy Beings by Projecting Pale Blue Energy, to prevent them from moving. This insures that these small Beings will not go to another place or location within the Energy Center or Energy Body being Treated.

When a Practitioner is aware of becoming a channel, the Divine Healing Beings work through the Practitioner so that the session is then Guided and the Application of the Energies will be more effective. Divine Energy is a Powerful Force in removing Unwanted Energies from many levels - including both the Astral - and Mental Levels.

CONSIDERATIONS IN REMOVING ENERGY BEINGS

- When using Divine Energies, first the Practitioner should Concentrate to their Crown Energy Center – so as to Strongly Reconnect with the Divine Energy.
- Practitioners should remember to use their long Brilliant Electric Violet Energy Fingers - to Remove all Negative Thought Forms, Elementals or Energy Entities from the Energy Center.
- Please refer to Page 20 for a Deeper Understanding of the Projection of Pale Blue Energy to "Freeze" the Unwanted Energy Beings.
- Then the Practitioner should Feel and Cleanse and Feel and Cleanse all Individual Areas of the Energy Center – Reaching Gently into each Individual Area.
- When Unwanted Energies are found – then the Practitioner may gently - but firmly – Pull these Negative Energy Beings out of the Energy Center being Cleansed
- They should immediately be Thrown into a basin of Water and Salt
- The Practitioner should continue the Cleansing Process until the Energy Center is completely free of all Energy Beings
- Practitioners should Sweep Slowly and Feel Carefully!
- When and Unwanted Energy is Felt – then Eradicate it by Removing it - then Throwing it not the Basin of Water and Salt.

- Extracted from the Notes of Charlotte Anderson

It should be emphasized that, neither Practitioners nor other individuals are in any danger from these small Energy Beings - so long as the Protective Webs and Energy Systems of other people remains strong. These Energy Beings are unable to enter into a "Normal" Healthy Energy System – so long as their Protective

Webs remain Strong.

Energy Entities are unable to enter the system of a normal person who is reasonably healthy, however the Practitioner is reminded to always do regular Spiritual Practice - in order to maintain a strong Energy system.

In many cases, these Energies have been residing in the Physical and Energy Body of the Client for a long time.

During the Cleansing Process … it may be accurately stated it is necessary for the Practitioner to literally "Dig Out" the Negative Energies – which frequently are deeply embedded.

These Energies may be found not only in the Energy Center – but have a strongly Contaminating Energy that will affect the entire surrounding area – which should be Cleansed thoroughly.

The patient should be placed in an easy, comfortable position. A reclining, or Morris chair, or a couch, is the best thing to use in bringing about the condition of physical comfort.
The patient should be taught to relax.
Now, make yourself perfectly comfortable – easy and comfortable…
The treatment should be given, so far as is possible, amidst surroundings that do not tend to distract the patients attention.
The patients mind should be constantly directed to the condition expected and hoped to be realized.

- Extracted from *The Science of Psychic Healing,* by Yogi Ramacharaka, ©1909, Pages 131-133

LET'S PRACTICE

Take a Partner
One person be the Client and one person be the Practitioner
Take a Basin with Water and Salt and a Sprayer
Practitioners stand, up Clients sit down … *(Wait)*

1. Complete the Energy Circuit
2. Invoke for Divine Blessings

"To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection,
For Clarity in our Feeling and for Divine Healing Power
With Thanks and in Full Faith"

3. Isolate the Client from your Energy Information Field

Say, "The Client is Isolated from my Energy Information Field right now!"

4. Touch your Heart Energy Center with the pads of your fingers
5. Practitioners stand approximately 1 Meter or 3.3 feet away from the Client
6. Let's Practice on the Throat Energy Center
7. Project Pale Blue and Mentally say, "Freeze… Do not Move"!
8. Separate the Individual Areas of the Energy Center - including into the middle of the Center - at the Root – and Form an Intention to Assess the Energy Center for Negative Thought Forms, Negative Elementals and Energy Entities located in their Throat Energy Center
9. Feel each Individual Area with the tip of your Energy Fingers – to determine the precise location of these small Energy Beings
10. Determine if there are any small Energy Beings present
11. Can you Feel something?
12. Then Project Brilliant Electric Violet Energy and say, "Do Not Move! Be Eradicated!!!"
13. Reconnect to the Divine Energy
14. Feel the Divine Energy coming down in your Crown Energy Center
15. Envision a tube of Luminescent White Energy is coming out of your Fingers surrounded by Pale Violet Energy
16. Feel and Remove, Feel and Remove - until this Energy has been Removed completely

    (Wait a few moments)
17. Then, recheck! Have all Negative Thought Forms, Elementals and/or Energy Entities been completely Removed?
18. Did any of the Energy come back?
19. If not, again Feel and Remove, Feel and Remove
20. Okay - let's practice on the Front Solar Plexus Energy Center
21. Project Pale Blue and mentally say, "Freeze! Do Not Move"!
22. Separate the Individual Areas of the Energy Center - including into the middle of the Center - at the Root – and Form an Intention to Assess the Energy Center for Negative Thought Forms, Negative Elementals and Energy Entities located in their front Solar Plexus Energy Center
23. Feel each Individual Area with the tip of your Energy Fingers – to determine the precise location of these small Energy Beings
24. Determine if there are any small Energy Beings present
25. Can you Feel something?
26. Then Project Brilliant Violet Energy and say, "Do Not Move! Be Eradicated!""
27. Reconnect to the Divine Energy
28. Feel the Divine Energy coming down in your Crown Energy Center
29. Envision a tube of Luminescent White Energy is coming out of your Fingers, add Pale Violet at the Outer Edge …

    With your long Brilliant Electric Violet Energy Fingers Remove the Negative Thought Forms, Elementals and/or Energy Entities. Then Project Brilliant Electric Violet Energy and say, "Do Not move!

Be Eradicated!!!"

30. Feel and Remove, Feel and Remove - until this Energy as been Removed Completely … Wait a few moments
31. Then, recheck! Are all Negative Thought Forms, Elementals and/or Energy Entities Removed?
32. Did any of the Energy come back?
33. If yes, again Feel and Remove, Feel and Remove
34. Give Thanks

"To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings
We Thank You for Your Divine Guidance, Help and Protection
and for Healing this Client
With Thanks and in Full Faith. Thank You"

Instructors note:
Give Students an instruction to Practice on the Back Solar Plexus Energy Center and the Back Head Energy Center
Then Release the Energy Cord, Cut! Give Thanks
Change roles … Instructor, assist students in correct practice and Get Feedback

THE PROTECTIVE WEBS

The Protective Web is a unique Energy Structure that interpenetrates the Energy Centers.

C.W. Leadbeater called this interesting structure by 2 names – Etheric Web and Protective Web. He said that:

ANY INJURY TO THIS ETHERIC WEB IS A SERIOUS DISASTER. There are several ways in which injury may come, and it behooves us to use our best endeavors to guard against it. It may follow upon any exceedingly strong emotion of an evil character, which produces a kind of explosion in the astral body.
The malpractices which may more gradually injure this **PROTECTIVE WEB** are of two classes – use of alcohol or narcotic drugs…"

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 90, Emphasis by this compiler

This "Protective Web" is special portion of an Energy Center and its name describes its function - as a *very important Device* that Shields us from undesirable Energies.

An interlaced web of etheric substance, disk-shaped, lies between each pair of

major chakras. When intact, these etheric webs impede the free flow of energies in the etheric body.

- Extracted from *Rules for Spiritual Initiation,* by Zachary F. Landsdowne, ©1990, Page 34

When the Etheric or Protective Web is strong and healthy, it prevents Negative Thought Forms, Elementals or Energy Entities from entering and even from remaining within a person's Energy Information Field and Chakral System.

"A Chakra can be torn…*(with its)* the **PROTECTING SHIELD** is completely ripped away from this Chakra …"

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 143

Charles Leadbeater first wrote about the Protective Web of a Chakra in 1927. He said:

"There is a sheath or etheric web of closely woven texture, a sheath composed of a single layer of physical atoms much compressed and permeated by a special form of vital force… This **WEB IS THE PROTECTION** provided by nature…"

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 89, Emphasis by this compiler

Constant Negative Thinking, Unregulated Emotional States and other Unhealthy Habits such as drug abuse (*including the use of both Prescription Drugs and Illegal Drugs*) may cause the Protective Webs to become damaged. This may contribute to various subconscious imbalances within the personality of a Client.

According to the axiom stated in the Law of Attraction, "Like Energies attract Like Energies".

Like attracts like, and opposites repel opposites, in the world of thought.

- Extracted from *Thought Vibration or the Law of Attraction in the Thought World,* by William Walker Atkinson, ©1908, Page 92

Small Energy Beings are frequently seen in drug users, as well as in individuals with other addictive and psychological disorders, because these habits create a condition within the Energy Centers that allows Energy Entities to enter and remain in the Energy Information Field and Energy Centers of a Client - until they are Completely Removed.

"This web is the protection provided by nature to prevent a premature opening up of communication between the planes a development which could lead to nothing but injury…it will therefore be readily understood that any injury to this web is a

serious disaster."

-Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, 2006, Page 89

It should be noted that extremely intense Emotional States, such as swift outbursts of Anger that occurs due to the sudden release of unregulated Emotional Energies (including Intense Worry or Great Concern about a family or work matter)- may also damage the Protective Webs and significantly contribute to the damage of these delicate Energy Structures.

… holes or rips in these chakras allow these elementals to come in the first place.

- Extracted on 8th March 2012 from *http://lipstickmystic.com/articles/Why_People_Gain_Weight_Or_Have_Smoking_Addiction.html*

This condition leaves the Client vulnerable to other Negative Thought Forms, which may become attracted to these strongly Imbalanced Destructive and Harmful Energy Beings.

Any great emotional shock, or any strong emotion of an evil character, which produces a kind of explosion in the astral body … A terrible fright may do this or an outburst of anger.

- Extracted from *Etheric Double – The Health Aura,* by A.E. Powell, ©1925, Page 64

… after spending a week in group therapy with her son who is a drug addict … one vortex of the Solar Plexus Chakra … was pale with … no protective screen …

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 145

TREATING THE PROTECTIVE WEBS

A Practitioner should always remember to Remove all Negative Thought Forms, Elementals or Energy Entities - before treating the Protective Webs.

After repairing the Protective Webs - the Practitioner should treat the Energy Centers - by Projecting and Visualizing the Center filled with fresh Vital Life Energy.

This Treatment may be utilized when Treating both physical and psychological imbalances and will Increase the Client's Sense of Well Being.

Now, visualize a clear, clean, neutral, light golden energy washing through your energy system and over your entire body …

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 84

According to this compiler's Life Partner Maha Atma Choa Kok Sui, a Practitioner repairs the Protective Web by simply concentrating on the Crown Energy Center to Increase the Divine Energy passing through their system. Then they Project Luminescent White, Pale Violet, Brilliant Electric Violet Energy or Golden Energy from the Crown to the Protective Webs – while Forming an Intention to Repair or Seal the Energy Centers from further intrusion. Practitioners' should remember to do Yogic Breathing when Projecting Energy. The simple act of using Breath – will substantially strengthen both the Practitioner's Intention and Projection of the Energy.

… the seal *(was)* created by the use of Electric Violet Prana

- Extracted from *Pranic Psychotherapy,* by Master Choa Kok Sui, ©1989, 2000, Page 27

Barbara Ann Brennan also talks about the importance of using the Breath while the Protective Shields are being "Restructured" … Please remember to Practice 6-3-6-3 Pranayama during the Treatment .

… you continue breathing as the protective shield is restructured …

-Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 225

EXERCISE ON TREATING THE PROTECTIVE WEBS

1. Take a Partner
2. One person be the Client and one person be the Practitioner
3. Take a Basin with Water and Salt and a Sprayer
4. Practitioners stand, Clients sit down
   (Wait)
5. Complete the Energy Circuit
6. Invoke for Divine Blessings

"To the Supreme God,

Humbly we Invoke for Divine Guidance, Help and Protection,
For Clarity in our Feeling and for Divine Healing Power.
With Thanks and in Full Faith."

7. Isolate the Client from your Energy Information Field
   Say, *"The Client is Isolated from my Energy Information Field right now!"*
8. Touch your Heart Energy Center with the pads of your fingers
9. Practitioners stand approximately 3 feet (or 1 Meter) away from the Client
10. Let's Practice on the Ajna Energy Center
11. Project Pale Blue and Mentally say, "Freeze! Do Not Move"!
12. Separate the Individual Areas of the Energy Center - including going into the middle of the Center - at the Root – and Form an Intention to Assess the Energy Center for: Negative Thought Forms, Negative Elementals and Energy Entities located in their Ajna Energy Center
13. Feel each Individual Area with the tip of your Energy Fingers – to determine the precise location of any small Energy Beings
14. Determine if there are any small Energy Beings present
15. Can you Feel something? If yes …
16. Reconnect to the Divine Energy
    Feel the Divine Energy coming down in your Crown Energy Center
17. Then Project Brilliant Electric Violet Energy and say, "Do Not move! Be Eradicated!!!
18. Envision a tube of Luminescent White Energy is coming out of your Fingers surrounded by Brilliant Electric Violet Energy
19. With your long Brilliant Electric Violet Energy Fingers - Remove the Negative Thought Forms, Elementals and Energy Entities.
20. Say, "Be Eradicated!"
    Feel and Remove, Feel and Remove
21. Recheck! Have all Negative Thought Forms, Elementals and/or Energy Entities been Removed?
22. Form the Intention to Close any damaged areas in the Protective Web by Projecting Brilliant Electric Violet Energy to the Protective Web
23. Inhale … Exhale … Project
    Fill the Energy Center with Vital Life Energy
24. Check not only the Inside of the Energy Center – but also check the outside of the Center – from its "Face" to its Root.
25. Recheck, Feel the size of the Energy Center
26. Then Secure the Energy
27. Okay, let's practice on the Back Solar Plexus Energy Center
28. Now, Project Pale Blue and mentally say, "Freeze! Do Not Move!"
29. Separate each Individual Area of the Energy Center
    Then in the Center create a fifth area and go into the middle of the Center – the Root of the Energy Center
30. Separate the Individual Areas of the Energy Center - including going into the middle of the Center - at the Root – and Form an Intention to Assess

the Energy Center for Negative Thought Forms, Negative Elementals and Energy Entities located in their Back Solar Plexus Energy Center

31. Feel each Individual Area with the tip of your Energy Fingers – to determine the precise location of these small Energy Beings
32. Can you Feel something?
33. Reconnect to the Divine Energy
34. Feel the Divine Energy coming down in your Crown Energy Center
35. Then Project Brilliant Electric Violet Energy and say, "Do Not Move! Be Eradicated!!!"
36. Envision a tube of Luminescent White Energy is coming out of your Fingers, surrounded by Brilliant Violet Energy at the Outer
37. Edge of the Tube
38. With your long Brilliant Electric Violet Energy Fingers - Remove the Negative Thought Forms, Elementals and/or Energy Entities.
39. Mentally say, "Be Gone! Be Eradicated!!!"
40. Feel and Remove, Feel and Remove
41. Recheck! Have all Negative Thought Forms, Elementals and/or Energy Entities been Removed?
42. Close the Protective Web by Projecting Brilliant Electric Violet Energy to the Protective Web
43. Inhale … Exhale … Project
    Fill the Energy Center with Vital Life Energy
44. Recheck. Feel the size of the Energy Center
45. Secure the Energy
46. Give Thanks

"To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks, and in Full Faith - we Thank You.

Instructors Note:
Give student's the Instruction to Practice on the Back Solar Plexus Energy Center and the Back Head Energy Center Then Release the Energy Cord, Cut! Give Thanks. Please change roles.

KEEP THE TREATMENT AREA CLEAN

At the end of a Treatment Session - the Practitioner should always Burn Sandalwood Incense and/or play the Mantra "OM" (or do both) in the Treatment Room so as to thoroughly Cleanse it of all "Heavy" or "Dirty" residual Energies in that area.

"With this force coming through it the mantra can be used for many purposes, such as healing or the removal of fire and other elementals…"

- Extracted from *The Hidden Life in Freemasonry,* by Charles W. Leadbeater, ©2007, Page 185

After the room is substantially Cleaned by using Incense or Smudging, a Practitioner may also play *The Planetary Meditation for Peace*, or play Mantras in the room until the next healing session. It is not recommended that Mantras be played during Treatment Sessions.
Advanced Practitioners regularly further Clean the Treatment Area through sweeping it with Brilliant Electric Violet Energy - in order to Remove all residual unwanted Psychic Impressions.

- Visualize a violet flame in the healing room burning away and transmuting all negative energy
- Visualize a ring of golden light surrounding your healing area preventing any negative energy from spreading outside the ring. Visualize God constantly vacuuming up and transmuting all of the negative energy
- Burn a candle – white, gold, pink, green, blue or violet – visualizing that it is burning away and transmuting all negative energy
- Smudge the area and yourself by burning sage, cedar or sweet-grass. Visualize the smoke burning away and transmuting any negative energy *(Incense can also be used.)*

- Extracted from *Hands – on Spiritual Healing*, by Michael Bradford, ©1993, Page 160

PROTECTION OF THE EIF THROUGH "SHIELDING"

The Concept of Energy Shielding has been widely discussed by various Healing Authorities and many different methods are used. It is recommended the Practitioner safeguard both the treated Energy Center and the EIF - from further intrusion or from contamination. We call this process "Shielding".

Some of the authors including Barbara Ann Brennan, Michael Bradford and A. E. Powell, recommend placing a Protective Shield around the Aura of a person to prevent the return of the Energy Entities to the Client. This is done in order to Secure the Energies Projected and tends to insure a more positive outcome.

Sealing the auric field is done after the aura has been cleansed The sealing process creates a **PROTECTIVE SHIELD** which fits tightly around the energy field, insulating it from negative energy … although a healing session and aura cleansing

clear out negative energy, a person can be sensitive, open and vulnerable to the negative energy or other people or a stressful environment, especially if a major release has occurred.

- Extracted from *Hands – On Spiritual Healing,* by Michael Bradford, ©1993, Page 183

An Energy Shield is created so as to prevent various unwanted Energies from entering the Energy System. This Shield prevents Negative Energies continuing to drain the Clients Energy.

The **SHIELD IS THUS A PROTECTION** provided by nature to prevent premature opening up of communication between the astral and physical planes…all kinds of astral experiences might pour into the physical consciousness where, in the case of most men, they could be productive of nothing but harm.

- Extracted from *Etheric Double – The Health Aura,* by A.E. Powell, ©1925, Page 64

If Areas are left open - they may permit the re-penetration of the Unwanted Energies. In contrast to methods used by other authors, this compiler's Life Partner Maha Atma Choa Kok Sui recommended that the Shields of a Client be made "*Externally Impermeable*" and *"Internally Permable"*. What does this mean?

"The **SHIELD** appears to be of light; of **VERY IMPERMEABLE** and durable quality. The shield fits along the lower edge of the chakra … and is set in the root of the chakra…this shield allows a smooth integration of the change into the patient's life and prevents any disturbance which would occur if the patient were not shielded …"

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 231

It means that Negative Energies in all of their forms - will be unable to re-enter the treated area and also cannot re-enter the EIF. This is like a one way swinging door.

By making a Shield Internally Permeable the Clients own imbalanced perceptions including Negative Thought Forms may thereby be easily Released. The Negative Thought Forms of the Client may be readily expelled - but Negative Thought Forms from outside the Client will be unable to enter.

In alignment with multiple other authors, this compiler recommends the use of Luminescent White, Pale Violet or Brilliant Electric Violet Energy for Shielding*. A Practitioner should then create an Active Program for a Ball of Energy –

Instructing it to create a Strong Barrier – that will prevent unwanted Energies from Re-Entering the Energy Field.

These easy methods of Defense against re-intrusion by unwanted Negative Energies should be practiced at the end of each Treatment.

* Please refer to *The Ultimate Manual on Energetic Defense* by Charlotte Anderson, ©2012, Page 99

It is very important for him to stay in a quiet, safe and nourishing environment to allow the healing to continue and complete itself. Unpleasant experiences from external sources during this time will affect the individual very deeply and should be avoided.

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 245

CREATING YOUR PSYCHIC SHIELD

- Sit in a comfortable, quiet place
- With your eyes closed …
- Allow your body to appear in your mental awareness.
- Create a bright, powerful, positive light and allow it to completely envelop your body
- Say to yourself

" This powerful, positive light is my protective psychic shield.
This light will repel all negative energies from programming my mind.
This light will allow only positive energies to program my mind.
This psychic shield will be with me always, from now on …"

- Open your eyes

- Extracted from *Psychic Development for Beginners,* by William W. Hewitt, ©1996, Page 59

Protective Energy Devices known as "Shields" are common in many of the Esoteric and Healing Arts.

After spending the time to Remove Negative Thought Forms, Elementals and Energy Entities from their Clients, Practitioner's should create Shields around the Energy Center treated – so as to close the areas of damage.

These Energy Devices are *very simple* for a Practitioner to Create. Many methods of

"Shielding" are common – however these will be discussed in greater detail in *The Ultimate Manual on Energetic Defense* – written by this compiler. During this Workshop we will focus on only two types of Energy Protection.

1. Protective Shielding of Energy Centers
2. Protective Shielding of the Energy Information Field

"Put her in a protective shield to allow the healing to continue to work in her aura … you will need your rasping breath … hold your hands, thumbs together … now run Golden Light (from your Crown) out of your hands creating an arc from the head to the feet … complete the circle all around so that you have traced a whole egg shell around Mary."

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 228

It is time for the field to reestablish healthy flow patterns that, **IF ALLOWED TO STABILIZE OVER 48 HOURS** will, become part of the normal flow of the system, thus **MAKING THE HEALING PERMANENT**.

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 245

Various expert sources recommend Energy Shields remain in place for different periods of time. The Skill of the Practitioner is one factor in the Length of Time a Shield will last.

Therefore, Effective Shields are partially dependent on the ability of the Practitioner to create a strong Shield.

The strength of the Shield will also be:

1. Dependent on the Internal Condition of the Client and their ability to withstand further Intrusion.
2. Dependent on the external Energies or environmental Energies, that the Client may be immersed in - due to their Living Conditions
3. Dependent on other possible unknown exposures to Negative Energies

PROTECTING THE EIF

Creating an Energy Ball…an Exercise
Curve your hands slightly as if holding a large ball.

Visualize and create the image of a ball of golden energy, or intense white light, building up between your hands. Sense and feel the energy building…Sense the size of the energy ball and feel the qualities of the energy as much as you possible

can…most of the time when I am doing healings, especially when I am draining out negative energy or putting in healing energy…energy also can be focused from the finger tips like a laser beam for concentrating and sending energy into a specific area.

- Extracted from *Hands – On Spiritual Healing,* by Michael Bradford, ©1993, Page 56

PRACTICE ON PROTECTING THE EIF

1. Take a Partner
2. One person be the Client and one person be the Practitioner
3. Take a Basin with Water and Salt and a Spray
4. Practitioners stand up, Clients sit down
   (Wait for the students to find a Partner)
5. Complete the Energy Circuit
6. Invoke for Divine Blessings

"To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection,
and for Divine Healing Power.
With Thanks and in Full Faith."

7. By simply Breathing, you create an Energy Field.
   Do Yogic Breathing 7 times
8. Take your time
9. Create a big Ball of Energy between your two hands
10. Now, Visualize your Client standing in the middle of this Ball of Energy
11. Visualize your Client being very small, so that there is enough space for the Energy Information Field to spread out within the Ball of Energy
12. Silently say

" This Ball of Energy is a Protection for the Energy Information Field
It will remain for a Duration of 12 hours (up to 3 days). It is internally permeable
It protects from all Negative Thought Forms,
Elementals and Energy Entities!"

13. Shake your hands
14. Change roles.
    (Get Feedback)

PROTECTION OF THE ENERGY CENTERS

Let's Practice Protection for the Ajna Energy Center
Please remember, all steps are important.

LET'S PRACTICE

1. Take a Partner

2. One person be the Client and one person be the Practitioner
3. Take a Basin with Water and Salt and a Spray
4. Practitioners stand up, Clients sit down.
   (Wait for the students to find a Partner)
5. Complete the Energy Circuit
6. Invoke for Divine Blessings

"To the Supreme God,
Humbly we Invoke for Divine Guidance, Help & Protection,
and for Divine Healing Power.
With Thanks and in Full Faith."

7. By simply Breathing, you create an Energy Field
   Do Yogic Breathing 7 times
   Deep Breathing creates a Ball of Energy between your hands
8. Take your time
9. Create a big Ball of Energy between your two hands
10. Now, Visualize this Ball of Energy surrounding the whole Ajna Energy Center of your Client
11. Silently say

" This Ball of Energy is a Protection for the Ajna Energy Center
It will remain for a Duration of 12 hours (up to 3 days)
It is Internally Permeable
It protects from all Negative Thought Forms,
Elementals and Energy Entities!"

12. Shake your hands
13. Let's practice on the Front Solar Plexus Energy Center
14. Do Yogic Breathing 7 times
15. Take your time
16. Create a big Ball of Energy between your two hands
17. Now, Visualize this Ball of Energy surrounding the whole Solar Plexus Energy Center of your Client
18. Silently say

" This Ball of Energy is a Protection for the Solar Plexus Energy Center
It will remain for a Duration of 12 hours (up to 3 days)
It is internally permeable
It protects from all Negative Thought Forms, Elementals and Energy Entities!"

19. Shake your hands
20. Change roles.
    (Get Feedback)

L6 – Lesson 6	CUTTING ENERGY LINKS, THE FOUNDATION PROTOCOL FOR LEVEL III, RELATIONSHIP HEALING, TREATING BAD DREAMS
Organizational:	Approximately 30 min
Power Point	
Book Reference	*Soul Psychology: keys to Ascension,* by Joshua David Sone, ©1994 *The Psychic Healing Book,* by Amy Wallace and Bill Henkin ©1978 *The Manual on Pranic Energy Healing Level I,* Compiled by Charlotte Anderson, ©2012 *Deep Journeys: Experimental Psychotherapy with Dreams,* by Keneth Kelzer, ©1999 *Crystal Healing - The Next Step,* ©1988
Internet	www.pranichealing.org

*These book references apply only to this Sequence that you are reading

CUT CONNECTIONS BETWEEN ENERGY LINKS

Call to Archangel Michael and Faith to **CUT ALL ENERGETIC CORDS** with people in this life and past lives that are Spiritually inappropriate and draining energy!

- Extracted from *The Soul's Perspective on How to Achieve Perfect Radiant Health,* by Dr. Joshua David Stone, ©2001, Page 29

In Level II when we talk about Cutting Cords in a Client's Energy Information Field and from Energy Centers, we talked about throwing the Root of the cord to the closest church or temple. This is done in order to prevent these Energies from rebounding back to the Client.

… **CUTTING THE INAPPROPRIATE TIES** that bind you to other people is to image the codependent ties as **CORDS OF ENERGY** that radiate from your chakras. Imagine a gigantic scissors or the flaming sword of Lord Michael or **THE LIGHT SABER OF A JEDI KNIGHT.** Use this instrument in your visualization, and also use your physical arm to slice through these codependent cords. **WHEN THEY HAVE ALL BEEN CUT, PULL THEM OUR OF YOUR CHAKRAS** and burn them. Then say the soul mantra and call forth a golden sun to come down and fill any emptiness with love and wholeness of God.

- Extracted from *Soul Psychology: Keys to Ascension,* by Joshua David Sone, ©1994, Page 185

Sometimes the pulling out of the Energy Cords can cause damage to the Protective Webs - leaving a crack or a hole in the Web. Therefore, after Removing

the Energy Cords – the Practitioner should PROJECT GOLD TO "SEAL" THE ETHERIC WOUND. This means it is necessary TO TREAT THE PROTECTIVE WEB ITSELF - thereby strengthening this important part of the Energy Center.

- Extracted from the Notes of Charlotte Anderson

If you find cords … **IMAGINE YOUR HANDS GOING INTO YOUR AURA, INTO THE CHAKRA, AND PULLING THEM OUT. A CORD CAN BE BIG, SMALL, THICK, WISPY, EASY OR DIFFICULT TO REMOVE. BE GENTLE!**

Most cords will slide right out if you want them to, and there's to point in tearing a hole in your chakra. If some cords seem stubborn, ask the cord who owns it, or follow it our from your aura until you see, visualize, sense, or feel the person who threw it to you…pull the cord…your cord-communication system already exists…*(this)* give you a choice about whether or not you want other people running around in your energy…

-Modified & Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin ©1978, Page 82, 83

LET'S PRACTICE REMOVING ENERGY LINKS

1. Get a partner
2. Decide who will be the Practitioner, and who will be the Client
3. Take a Basin with Water and Salt and a Sprayer
4. Practitioners stands up, Clients sit down
5. Let's Invoke for Divine Blessings

"To the Supreme God
Humbly we Thank You for Your Great, Great Blessings
We Thank You for Your Divine Guidance, Help and Protection
and for Miraculous Healing Power
With Thanks and in Full Faith. Thank You"

(Instructors should teach the following extraction from The Manual on Level I. Therefore it is noted in Red Ink.)

6. When you treat, Remove your watch and jewelry
   Exercise your hands to Increase Responsiveness
   Practitioner, Smile to Increase your Energy
   Tell the Client to, "Close your eyes. Be conductive and sit with your feet flat on the floor. Please complete the Energy Circuit."

- Extracted from *The Manual on Level I,* Compiled by Charlotte Anderson, ©2012, Page 62

7. Practitioner, Complete the Energy Circuit
8. Touch your Heart
9. Now, Form the Intention to Feel or Scan All Unauthorized Energy Cords
   Raise your hand close to the body and Feel in a horizontal motion from the head to the feet
   Continue to move your hand down slowly
   Can you "Feel something?"
10. First you Feel the Energy Connection,
11. Gather the Connection or Cords with your hand…
    (Instructor demonstrates)
12. Then Clip the Energy Cord next to the body
13. Then Clip the Energy Cord about 1 foot away from the body
14. Now, Cut the Energy Cord or Connections – Using your hand like a Brilliant Electric Violet Knife
15. Throw the Energy Cord Connection to the closest church, temple or Great Invocation Poster
16. Now Reach into the Root of the Energy Center - with your long Energy Fingers – and Gently pull out the Root of the Cord
17. Sometimes the Cords are difficult to Extract.
    If necessary, Gently Pull on the Energy Cord - using a Zig-Zag-Motion. It is also possible to use the "Spaghetti Approach" – Pulling the Cord out like a long long string of Spagetti …
    Gently pull out the Root completely
    Then Throw the connection to the closest church, temple or Great Invocation Poster
18. Then heal the etheric wound left by the Removal of the Energy Cord - with Golden Energy.
19. Simply Project Gold from the Crown Energy Center.
20. Concentrate on the Crown Energy Center and
    Feel the Divine Energy flowing into your Crown
21. Inhale … Exhale … Project
    Fill the Energy Center with Vital Life Energy
22. Feel the Golden Energy coming out of your hand
    Project Golden Energy into all Areas of the Energy Center and to All Areas of the Protective Web
23. Continue to Cut all the unauthorized cords on the front and on the back side of the body

- Extracted from the Notes of Charlotte Anderson

Instructors Note:
Wait until the students have finished
Change roles and repeat the process
Give Thanks at the End of the Exercise.

Cords and Energy Links: Another common problem that people experience is

energy draining through links or cords that connect individuals with another person. These links or cords are unlike many energy-body problems in that they are generally taken on voluntarily by the person suffering the problem. Anytime one person takes responsibility for another, an energy link or cord is created. Obviously, the most common form of this phenomenon is the parent-to-child link. Another is the spousal link … it is very common for practitioners of a variety of healing modalities to link with the energy of their client in order to facilitate healing. If that link is not served at the end of the session, that same practitioner's energy can be drained by the very client they were trying to help. It's not the client's fault. It's just that the link was sustained past the point of usefulness for both client and practitioner …

If you find energy cords draining you, we recommend that you first visualize your energy body in its totality. Then investigate the cords and links, looking into the whys and wherefores for each one's existence. Once that is done, **ENVISION A KNIFE, SWORD, OR ANY CUTTING TOOL OF YOUR CHOICE CUTTING THE CORDS AND LINKS AWAY**. See the lineages falling completely away and the spot of attachment healing up completely.

- Extracted from *Seeing in the Dark: Claim Your Own Shamanic Power Now and in the Coming Age,* by Colleen Deatsman, Paul Bowersox, ©2009, Page 183

THE LEVEL III FOUNDATION PROTOCOL

Practitioners should strongly reconnect to the Divine Energy before they Project Pale Violet Energy, Brilliant Electric Violet Energy, Luminescent White Energy or Golden Energy. When this is done the Quality of the Energy as well as the Tone of the
Color will be correct.

By the time a Practitioner has already been using Energy Healing for some time - they should have begun to make a more thorough Assessment of the Energy Centers – because their Ability to Feel Energy has usually become more Accurate and more Rapid.

LET´S PRACTICE

1. Take a partner
2. One person be the Client, one person be the Practitioner
3. Take a Basin with Water and Salt and a Sprayer
4. Practitioners stand up, Clients sit down
5. When you treat, Remove your watch
6. Tell the Client to, "Close your eyes. Be Conductive and sit with your feet flat on the floor. Please Complete the Energy Circuit."

7. Practitioner, Complete the Energy Circuit
8. Invoke for Divine Blessings

"To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings
We Thank You for Your Divine Guidance, Help and Protection,
And for Miraculous Healing Power
With Thanks and in Full Faith. Thank You"

9. Isolate the Client from your Energy Information Field
   Say, "*The Client is Isolated from my Energy Information Field right now!*"
10. Increase the Responsiveness of your Hands
11. Touch your Heart Energy Center with the Pads of your Fingers
12. Inhale slowly and comfortably …
13. Exhale slowly and comfortably …
14. Practitioners stand approximately 3 Feet or 1 Meter away from the Client
15. Project Pale Blue Energy. Say, "Freeze! Do Not Move!"
16. Make a thorough Assessment of the Energy Centers
17. Assess the Individual Areas of the Energy Centers. This may be likened to carefully examining the various petals of a rose
18. Do General Cleansing. Use Brilliant Electric Violet Energy
19. Re-Check the Solar Plexus Energy Center. Thoroughly Assess this Energy Center. Feel for Negative Thought Forms, Negative Elementals and Negative Energy Entities
    Project Brilliant Electric Violet Energy and Say, "Do not Move! Be Eradicated!"
20. Inhale … Exhale … Project
    Fill the Energy Center with Vital Life Energy
21. Clean the Front and the Back Solar Plexus Energy Center. Clean the Individual Areas. Thoroughly Clean the Root. Feel and Clean!
22. Recheck – Assess the Individual Areas of the Energy Center. Assess the Individual Areas
23. Clean the Front and Back Heart Energy Center
24. Project Soft Pink Energy to the Back Heart Energy Center
25. Inhale … Exhale … Project
    Fill the Energy Center with Vital Life Energy
26. Increase the Size of the Back Heart Energy Center
27. Project Pale Blue Energy. Say, "Freeze!"
28. Check the Ajna Energy Center. Thoroughly Assess this Energy Center. Feel for Negative Thought Forms, Negative Elementals and Negative Energy Entities
29. Project Brilliant Electric Violet Energy and Say, "Do not Move! Be Eradicated!"
30. Inhale … Exhale … Project
    Fill the Energy Center with Vital Life Energy
31. Clean the Ajna Energy Center. Clean the Individual Areas. Thoroughly Clean

the Root. Feel and Clean!

32. Recheck – Assess the Energy Center. Assess the Individual Areas.
33. Project Pale Blue Energy. Say, "Freeze! Do Not Move!"
34. Check the Crown Energy Center. Thoroughly Assess this Energy Center. Feel for Negative Thought Forms, Negative Elementals and Negative Energy Entities
35. Project Brilliant Electric Violet Energy and Say, "Do not Move! Be Eradicated!"
36. Inhale … Exhale … Project
    Fill the Energy Center with Vital Life Energy
37. Clean the Crown Energy Center. Clean the Individual Areas of the Energy Center. Thoroughly Clean the Root. Feel and Clean!
38. Recheck – Assess the Individual Areas of the Energy Center.
39. Now you are ready to apply the Treatment Protocols found in the subsequent Lessons

Please Note: The Condition of the Client determines whether or not the Practitioner will Assess and Treat the Throat Energy Center.
If the Throat Energy Center requires Treatment you may do this before Step 26.

EXPERIMENT ON HOW OUR NEGATIVE ATTITUDES AFFECT US

What will happens when a Client has a negative attitude about money?

(Instructor note: Call a volunteer)

1. Class, Scan or Feel the Crown, the Heart the Basic Energy Center and the Energy Level of the Client
2. Now, subject say, "I don't care if I have any money. I am very tired. I'd rather sleep or I don't want to go to work! All I want to do is go back to bed."
3. Class, scan or Feel again
4. Is there a difference?
5. Now say

"To the Supreme God, to my Spiritual Teacher Maha Atma Choa Kok Sui,
Thank You for Blessing my life with lots and lots of Energy
I am very happy to have lots and lots of Energy in my life
Thank you for the Life Energy
Thank you for the Divine Strength
With Thanks and in Full Faith"

6. Class, Scan or Feel again
7. Is there a difference?

(Instructor note: Get Feedback)

It is easy for a person to maintain a Healthy Awareness regarding their financial wellbeing. For example, if a Practitioner notices that their Client's Business is Failing – probably their Basic Energy Center needs to be Treated – in addition to their physical body!

The urge to Steal has been noted to usually originate in the Solar Plexus and the Basic Energy Centers.

The Basic Energy Center is connected to one's Instinct for Survival. it also related to one being Connected or "Grounded" to the Earth.

… imagine that a type of root leads down deep into the Earth from your hara. Feel the strength and the nourishing energy from the inside of the Earth rising up into you. Or feel yourself to be like a tree and imagine how the Earth protects and nourishes you with its forces.

- Extracted from *Rieki: The Legacy of Dr. Usui,* by Frank Arjava Petter, Christine M. Grimm, ©1998, Page 80

For a person to become very successful - Earth Grounding is required because lots of Energy is needed to manifest important Projects.

The first Chakra, the coccygeal center, is related to the quantity of physical Energy and will to live in the physical reality…When the life force is fully functioning through this center, the person has a powerful will to live in physical reality … is well grounded in physical reality …

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 72

On the other hand if the Basic Energy Center is Enlarged or Increased in size *(for example in the case of children who are hyperactive)* a Client may experience insomnia. When the excess Energy is swept from the Basic Energy Center this may normalize this condition – in both the case of Insomnia and for Hyperactive Children.

Most cases of hyperactivity and related problems, as well as epilepsy, are the result of influence by discarnate entities that are possessing the body.

-Extracted from *Prisoners of Earth: Psychic Possession and Its Release,* by Aloa Starr, ©1987, Page 47

ASPECTS OF RELATIONSHIP HEALING

In Relationship Healing - there must be a Sincere Desire to Improve the

Relationship.
Both parties need to be willing to Forgive Each Other
The Relationship needs to be Enhanced … through Saying Nice Things for the Partner.
The Relationship must be Enhanced by Doing Nice Things for the Partner – so that Positive Energies need to be Exchanged. Be Kind to your Partner
Be Appreciative of your Partner.

Avoid Exchanging Negative Energies with your Partner
Avoid repeatedly Mental Criticism of your Partner.
Do not Harbor Anger or Irritation toward your Partner
Avoid using Injurious or Critical Words to your Partner!

This actually happens because frequently people within a Relationship - use each other for a psychological rubbish bin - instead of learning how to manage their sometimes - destructive Energies in a more productive way. Regular use of the following Exercises may help.

THE RITUAL OF CLEANSING & BLESSING

1. Practice Planetary Meditation for Peace
2. Always: Invoke to God & Guru – for Divine Guidance & Divine Help, Divine Protection
3. Focus your attention on your Throat Energy Center.
4. Clean the Relationship
5. Focus on your Crown Energy Center & Do Spiritual Cleansing on the Relationship using Brilliant Electric Violet Energy
6. Focus on your Crown and Project Spiritual Blessings using Golden Energy
7. Create a Positive Affirmation and Visualization for the Relationship
8. Give Thanks
9. Repeat the procedure Everyday for as long as necessary

- Extracted from *PPT on Kriya Shakti – Materialization Using Thought Power*, by Charlotte Anderson, ®2012

THE RITUAL OF CLEANSING AND BLESSING EXERCISE

1. Practice *The Planetary Meditation for Peace*
2. Always Invoke for Divine Guidance, Divine Help & Divine Protection
3. During the Energy Treatment - Reconnect to the Divine Energy – if more Energy is needed
4. Focus your Attention on your Throat Energy Center …
5. Clean the Relationship with Pale Green Energy, then with Pale Violet Energy

6. Focus on your Crown Energy Center
7. Do Spiritual Cleansing on the Relationship using Brilliant Electric Violet Energy
8. Focus on your Heart Energy Center
9. Project Pinkish Loving Energy to the Relationship
10. Use Positive Visualization … See Improvement in the Relationship
11. Focus on your Crown Energy Center
12. Project Spiritual Blessings using Golden Energy from your Crown
13. Use Positive Visualization
14. Focus on your Crown and your Heart Energy Center
15. Project Pinkish-Golden Energy to the Relationship
16. Create and Project a Positive Affirmation into the Relationship
17. Use Pale Blue to Secure the Energy
18. Ask to Assign a Healing Angel, to remain with the two people - until the Relationship is Completely Healed
19. Release the Energy Link
20. Give Thanks
21. Repeat the Ritual Everyday for as long as necessary

- Extracted and Modified from the Notes of Charlotte Anderson

DISTANT HEALING, OR "ABSENT TREATMENT," is performed in precisely the same way as is the treatment when the patient is present.

- Extracted from *Fourteen Lessons in Yogi Philosophy,* by Yogi Ramacharaka, ©1903, Page 161

GIVING AN ABSENT TREATMENT FOR RELATIONSHIPS

Relationship Healing may be done both for people whom we know and for people whom we have not met. Simply Invoke to the Soul of the person whom you would like to Treat – and Ask for the Soul's permission to Treat the person. When you Invoke for Permission – if there is any resistance – please skip doing this Exercise – or chose another subject.

PRACTICE ON DISTANT TREATMENT FOR RELATIONSHIPS

Relationship Healing can also be done at a distance.
Let's practice Absent Treatment on Relationship with a Partner
Take a Basin with Water and Salt and a Sprayer

1. Complete the Energy Circuit
2. Invoke for Divine Blessings

"To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection,
For Clarity in our Feeling and for Divine Healing Power
With Thanks and in Full Faith, We Thank You!"

3. Do General Cleansing with Prayer.
4. Concentrate on your Crown Energy Center and Remove Negative Thought Forms, Elementals and Energy Entities.
5. Now, Cleanse the back Heart Energy Center
6. Project Pinkish Energy to the back Heart Energy Center. *(Wait)*
7. Now, Isolate the Client from your Energy Information Field
8. Say, *"The Client is Isolated from my Energy Information Field right now!"*
9. Touch your Heart Energy Center with the pads of your fingers
10. Visualize your partner standing in front of you
11. Project Golden Energy to the Crown Energy Center … Mentally Say, "Freeze! "Do Not Move!"
12. Then Project Golden Energy to the Ajna Energy Center
13. Then Project Golden Energy to the Front and then the Back Solar Plexus Energy Centers
    (Wait)
14. Feel for Negative Thought Forms, Elementals and Energy Entities located in the Crown Energy Center
15. Then in the Ajna Energy Center
16. Then Front and Back Solar Plexus Energy Center
17. Separate the Individual Areas of the Energy Center - including into the middle of the Center - at the Root – and Form an Intention to Assess the Energy Center for Negative Thought Forms, Negative Elementals and Energy Entities located in the Energy Centers
18. Feel each Individual Area with the tip of your Energy Fingers – to determine the precise location of these small Energy Beings
    (Wait)
19. Can you Feel something?
20. Now, Cleanse the Energy Centers and then Re-Connect to the Divine Energy
21. Feel the Divine Energy coming down in your Crown Energy Center
22. Envision a tube of Luminescent White Energy is coming out of your Fingers surrounded by Violet Energy
23. With your long Electric Violet Energy Fingers Remove the Negative Thought Forms, Elementals and Energy Entities Say, "Eradicate."
24. Feel and Remove, Feel and Remove - until this Energy has been Removed completely
25. Remove them from the Front and Back Solar Plexus Energy Center then from the Crown Energy Center
26. Then from the Ajna Energy Center. *(Wait)*

27. Now, Close the Protective Web
    Project Energy to each Energy Center
29. Inhale … Exhale … Project
    Fill the Energy Center with Vital Life Energy
30. Secure the Energy
31. Now repeat the protocol on your own Energy Information Field
    (Wait. If needed guide the Students through these Instructions)
32. After each person is thoroughly Cleansed and all of the Negative Thoughts between the couple are Removed Wrap each person separately in Luminescent White Energy and then Wrap them together in Pink Energy all the way around
33. After each person is thoroughly Cleansed and all of the Negative Thoughts between the Couple are Removed
34. Reconnect to the Divine Energy. Allow Luminescent White Energy coming out of both of your Palm Energy Centers and Energy Fingers and Wrap each person separately in Luminescent White Energy
35. Then Concentrate on your Heart Energy Center. Allow Pink Energy coming out of both of your Palm Energy Centers and your Fingers and Wrap them together in Pink Energy all the way around. Take your time. Do a thorough job!
36. At the end, Invoke and Give Thanks

"To the Supreme God,
Thank You for Divine Guidance, Help and Protection,
For their Relationship being Harmonious
And may be Improved
Thank You!

TREATING CONDITIONS IN FAMILY

Negative Relationship problems often occur because people use each other as psychological rubbish bins, instead of learning how to manage this sometimes-destructive Energy in a more productive way.

TREATING LAZINESS

Another condition that is relatively common in some countries is Laziness. This can be due to early childhood Traumas or sometimes Clients simply have

Low to No Motivation.

When a person is excessively Lazy perform the following Treatment:

1. Complete The Level III Foundation Protocol
2. Thoroughly Clean the Solar Plexus Energy Center with Pale Green.

3. Separate the Energy Center into Individual Areas
4. Project Pale Violet Energy
5. Inhale … Exhale … Project
   Fill the Energy Center with Vital Life Energy
6. Clean the Basic Energy Center with Pale Green
7. Project Pale Red Energy
8. Inhale … Exhale … Project
   Fill the Energy Center with Vital Life Energy
9. Project Energy to all the Treated Energy Centers
10. Re-Check all Energy Centers
11. Secure the Energy
12. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center. This step will give the Client a Greater Sense of Love and Inner Peace
13. Give Thanks

- Extracted and Modified from the Notes of Charlotte Anderson

(This Treatment should not be performed if SDT's (Sexual Transmitted Diseases) in the Client is present or suspected.)

In this era of Electrical Communication Media, sometimes children may be excessively enamored with Electronic Devices – Computers, IPads, Smart Phones, and Electronic Games etc. They may become completely obsessed with their devices. For this condition it is recommended to perform Treatment for Obsession or Addiction.

ENERGY TREATMENT FOR COLLEAGUES OR EMPLOYEES

Improvement of "Life Conditions" is possible - through Cleaning one's colleagues or employees - including those who complain too much, those who are always envious about others colleagues, or those who have an excessive desire for power, position or control - within a company, a group or an organization.

This is important - because the Attitudes of those with whom we interact closely - makes a big difference in how efficiently Work is accomplished.

TREATMENT FOR INSOMNIA

Sometimes a Client is unable to sleep due to excessive worry, or for other reasons.

1. Complete The Level III Foundation Protocol

2. Increase the Size of the Ajna Energy Center
3. Cleanse the Basic Energy Center thoroughly
4. Project Energy to all of the Treated Energy Centers
5. Re-check All Energy Centers
6. Inhale … Exhale … Project
   Fill the Energy Centers with Vital Life Energy
7. Secure the Energy
8. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center. This step will give the Client a Greater Sense of Love and Inner Peace
9. Give Thanks

- Extracted and Modified from the Notes of Charlotte Anderson

In the case of insomnia the Practitioner should check the Feng Shui of the Clients Residence. Clients should be advised to place their Crown Energy Centers to the East when in order to improve their Sleep.

Sometimes a Practitioner may find the Higher Energy Centers are partially blocked which may also cause the Basic Energy Center to be Increased in Size. When the balance of these Centers is corrected, then Energy will flow normally and the Energy Condition will normally be relieved.

Have the person sense and visualize with you, the healing energy Blessing, Cleansing and Healing all blocked areas.

- Extracted from *Hands – On Spiritual Healing,* by Michael Bradford, ©1993, Page 182

In psychological and emotional imbalances the following conditions frequently are found:

a) When a person has suicidal tendencies the Basic Energy Center is usually weak. When a person has suicidal tendencies the Practitioner should immediately check the Basic Energy Center. When the Basic Energy Center is Big, Thoughts of suicide tend to be unusual.
b) When a person is too tired to move, frequently the Basic Energy Center is smaller in size.

… for instance when you are in immediate danger, or in any emergency situation, your first chakra will open up and release the store of information you need to stay alive, or to help someone else stay alive.

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 26

SOMETIMES NEGATIVE THOUGHT FORMS COME BACK IN THE FORM OF NIGHTMARES OR BAD OR NEGATIVE DREAMS

This implies that we need to start first of all by accepting dreams at face value. This is a solid phenomenological approach, one that looks at the dream first of all as a phenomenon or fact of the mind …

- Extracted from *Deep Journeys: Experiential Psychotherapy with Dreams,* by Kenneth Kelzer, ©1999, Page 36

Practitioners should remember, that Emotional Energies tend to occur in Layers. Emotion is simply a different form of Energy

a. Place the Crown Energy Center of the Child or the Person to the East when they sleep
b. Cleanse the whole room with Brilliant Electric Violet Energy
c. Place a basin of Water and Salt in the bedroom and Program it to Receive all Negative Energies so as to assist in Reducing Bad Dreams
d. The Client may place a Violet Light Bulb in the Sleeping Room. *(It is reported that Negative Energies or Beings of Lower Vibrations do not like the Higher Frequency of Violet Light).*
e. The Client may place an Image of the Spiritual Teacher, a Saint or Deity of their choice, or "Higher Beings" in the Sleeping Room. Then They may Invoke to the Soul of the one in the Image for Protection.
f. If the Client is mentally strong, they may simply say, "I'm going to Sleep now! Leave me Alone!!! Don't Bother me!!!"
g. Please give Thanks each morning after receiving a good nights rest.

A Bowl of Water and Salt may be placed in the Sleeping Room – and be Programmed to absorb all Negative Energies in the room. However, the Bowl should be changed regularly.

- Extracted from the Notes of Charlotte Anderson

According to Rama (1976), meditation on the solar plexus is effective for the relief of nightmares, meditation on the heart chakra helps develop emotional control …

- Extracted from *Eastern and Western Approaches to Healing*, by Anees A. Sheikh, Katharina S. Sheikh, ©1989, Page 57

ENERGY TREATMENT FOR BAD DREAMS

(Instructors Note: For Children Substitute Luminescent White.)

1. Complete The Level III Foundation Protocol

2. "Freeze" the Elemental Energies present
3. Cleanse the Solar Plexus Energy Center Front and Back

(Practitioners should Note:
When the Ajna is Cleansed with Brilliant Electric Violet Energy ..
the Back Head automatically gets Cleaner!)

4. Project Brilliant Electric Violet Energy to the Ajna Energy Center
5. Inhale … Exhale … Project
6. Then – Check the Back Head Energy Center
7. Clean the Forehead, the Crown, the Ajna and the Back Head Energy Center
8. Project Brilliant Electric Violet Energy to these Centers
9. Inhale … Exhale … Project
10. Energy Shielding should be done for the Energy Centers above as they are the Centers most commonly affected
11. Begin with the Front and Back Solar Plexus Energy Centers, then the Ajna Energy Center and finally the Crown Energy Center
12. Practitioners should make the Shields Internally Permeable
13. Re-Check all Energy Centers
14. Secure the Energy
15. Projecting Soft Pink Energy to the Back Heart Energy Center

(Note to Practitioners:
Finishing a Treatment by Cleansing the Heart Energy Center –has been noted to increase the Receptivity of the Client)

16. Give Thanks

- Extracted from the Notes of Charlotte Anderson

If the brow chakra is blocked, malfunctions such as blindness, headaches, nightmares, eyestrain or blurred visions may result.

- Extracted from *Crystal Healing - The next Step,* by Phyllis Galde, ©1988, Page 115

HYPERACTIVE CHILDREN

In this disorder, the child's Basic Energy Center is usually out of proportion to the other Energy Centers … It is proportionally too Large.

Once the child's Basic Energy Center is normalized and they have calmed down –

Do not continue to Shrink the size of this Energy Center.
This Energy Center is important for the growth and mental development of the child.

A second possible solution for Hyperactivity in Children is to transmute the Sexual Energy from the Lower Energy Centers – by bringing it up to the Crown.

- Extracted from the Notes of Charlotte Anderson

As the Sexual Energy rises and is converted into Chi, it becomes lighter and less dense and thus easier to move. *(Page 186)*
As you do Chi Chung Breathing, you might feel Energy shoot up your spine and flow into your neck and head. If this happens, use your mind to lower the Chi down your spine to the Ming Men and from there pour it into your Tan Tien area (Sea of Chi) as you exhale. *(Page 190)*

Men raise cool Yin Jing Chi to the brain. It is safe to leave this cold energy in the head. It will not harm the brain.
Woman, however, raise warm Yang Jing Chi to the head and this warm Energy must be **lowered out of the brain** at the end of the exercise, down to the Tan Tien. Raising un-aroused Sexual Energy to the head has a soothing, rejuvenating effect on the brain.
The Taoists believed that unless you knew how to channel your Sexual Energy, celibacy was an unhealthy lifestyle … *(Page 195)*

- Extracted from *100 Days to Better Health,* by Eric Steven Yudelove, ©1997

MENTAL RETARDATION

In the case of Mental Retardations and Senility - people tend to have extremely weak Throat and Sex Energy Centers. A strong healthy Sex Energy Center is needed for the Brain to function normally.

In this condition the Sex Energy Center is usually very, very Depleted.
When disability is present - the Basic Energy Center is usually small and frequently quiet dirty.

1. Complete The Level III Foundation Protocol
2. Cleanse and Project Energy to the Throat Energy Center
3. Cleanse the Navel Energy Center
4. Cleanse and Project Energy to the Sex Energy Center
5. Cleanse the Perineum Energy Center
6. Cleanse the Basic Energy Center
7. Project Pink to the Back Heart Energy Center

8. Inhale … Exhale … Project
9. Project Energy to the Sex Energy Center
10. Inhale … Exhale … Project
11. Cleanse the Ajna Energy Center
12. Cleanse the Forehead Energy Center
13. Cleanse the Crown Energy Center
14. Use Brilliant Electric Violet Energy
    Project it to the Throat Energy Center

(Practitioners should Note: that this assists in Clarifying the Clients Speech and the Thinking Processes.)

15. Sublimate the Energy of the Client - Seven Times

(Note: Always end by bringing the Energy Down from the Crown Energy Center - and Spread the Transmuted Energy throughout the Physical Body. See Appendix F.)

16. Re-Check all Energy Centers
17. Secure the Energy
18. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
19. Give Thanks

- Modified and Extracted from the Notes of Charlotte Anderson

Practitioners will notice, in these cases the Sex Energy Center becomes depleted very fast – therefore the Practitioner should do 5-10 Breathing Cycles using Pale Red for the Projection of Energy to the Lower Centers. The Process of Treating this condition will take a minimum of two - three years.

- *Extracted from the Notes of Charlotte Anderson*

L7 – Lesson 7	TRAUMA, STRESS, STRESS INDUCED ILLNESSES, ANXIETY, DIFFICULT PEOPLE, ANGRY, NASTY, CRABBY PEOPLE
Organizational:	Approximately 30 min
Power Point	
Book Reference*	*You the Healer: The World-Famous Silva Method on How to Battling Dark Forces,* by Torkom Sarayadarian, ©1998 *The Chakras and the Human Energy Fields,* by Shafica Karagulla, Dora van Gelder Kunz, ©1989 *Prisoners of Earth: Psychic Possession and Its Release,* by Aloa Starr, ©1987 *Chakra Therapy: For Personal Growth & Healing,* by Keith Sherwood, ©1988 *Crystal Awareness,* by Catherine Browman, ©1987 *This New Age Primer: Spiritual Tools for Awakening,* by Pete Sanders Jr., ©1993 *Urban Shaman,* by Serge Kahili King, ©1990

*These book references apply only to this Sequence that you are reading

ENERGY TREATMENT FOR TRAUMA

Trauma from past lives and old karma also leave their residue in the solar plexus energy, and this often must be dissipated before progress is possible on higher levels.

-Extracted from *The New Age Primer: Spiritual Tools for Awakening,* by Hallie Deering, ©1993, Page 39

These entities also know that they can manipulate the Law of Free Will to their advantage. Free will is often abused. These entities know that as long as their host does not complain **AND COMMAND THEM TO LEAVE**, they can do as they please.

In the name of the Lord God Creator of all things, I demand that any and all negative entities that may be attached to me in any way or who are using my energy in any way stop now and leave me forever, now! **I COMMAND THIS; LEAVE ME NOW!** … **LEAVE! AND BOTHER NO ONE AGAIN!**

- Extracted from *Sedona: Beyond the Vortex,* by Richard Danneley, ©1994, Page 59

1. Complete The Level III Foundation Protocol

2. The Emotional and Mental Energy is stuck in the Solar Plexus and the Crown Energy Center.
3. "Freeze" the Elemental Energies present
4. Cleanse the Energy Centers Treated
5. Then Project Pale Violet Energy
6. Inhale … Exhale … Project …

(Practitioner's Note:
The Ajna Energy Center is generally small …and Needs to be Treated.)

7. Clean the Ajna Energy Center
8. With the right hand Extend your Long Energy Fingers into the Ajna Energy Center
9. Pull out the Obsessive Energy Throught Forms out of this Energy Center
10. Command them to be "Completely Expelled and Eradicated".
11. Then Increase the Size of the Energy Center
12. Then Treat the Negative Thought Forms in the Crown Energy Center
13. Project Energy to all the Treated Energy Centers
14. Inhale … Exhale … Project …
15. Re-Check all Energy Centers
16. Secure the Energy
17. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
18. Give Thanks

- Extracted from the Notes of Charlotte Anderson

STRESS IS SIMPLY ANOTHER FORM OF ENERGY

Stress is the major cause of health problems, including accidents.
Stress is a killer.
Stress reduces our equanimity and our awareness.

- Extracted from *You the Healer: The World-Famous Silva Method on How to Heal Yourself and Others,* by Silva & Stone, ©1989, Page 46

Stress Energy is Real.
Normally Stress occurs all over the entire Energy System.

It is well known that stomach ulcers are strongly related to emotional stress, and this susceptibility is very evident in the solar plexus, which clearly registers personal emotional disturbances.

- Extracted from *The Chakras and the Human Energy Fields,* by Shafica Karagulla, Dora van Gelder Kunz, ©1989, Page 115

Instruct the Client to regularly take a baths with Water and Salt … with a few drops of Lavender Essential Oil … to assist in removing the Stress Energy. Regular Salt Baths are a very important Self-Treatment that assist a Client to normalize the Condition of Stress Energy in their lives.

If you want to purify your body … sit in hot water … this treatment becomes even more effective if baking soda and salt are added to the water.

- Extracted from *Battling Dark Forces,* by Torkom Sarayadarian, ©1998, Page 107

TREATMENT & COMMENTARY ON REMOVING STRESS ENERGY

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Cleanse the Solar Plexus Energy Center - Front and Back
4. Then Project Pale Blue Energy to the Treated area.
5. Inhale … Exhale … Project …
6. If the Solar Plexus Energy Center remains Increased in Size, then Reduce the Size with Pale to Medium Blue Energy depending on the Condition of the Client
7. Cleanse the Heart Energy Center Front and Back with Luminescent White Energy
8. Do General Cleansing with Pale Violet Energy

(When the Client is filled up with Pale Violet Energy they become more Open to the Subtle Energies - which makes the Treatment Process deeper and faster)

9. Project Pale Violet Energy to the Back Heart Energy Center

(Practitioners should Note;
This is another way to Increase the Receptivity of the Client and make the Cleansing Process deeper and faster.)

10. Cleanse the Ajna Energy Center
11. Then Project Pale Violet Energy to the Ajna Energy Center

(Practitioners should Note:
This is done in order to Enhance Control of the Clients Emotions)

12. The Ajna Energy Center should then be Increased in Size

(Practitioners Note:

Increase the Size of this Energy Center – Increases the Ability of the Client to Regulate Emotions.)

13. Treat the Throat Energy Center with Luminescent White and Pale Violet Energies - Do Through Cleansing
14. Then Project the Energy to this Center
15. Inhale … Exhale … Project …
16. Cleanse the Basic Energy Center

(Clients with severe Stress are frequently physically exhausted due to the Inability of Energy to Circulate freely in their bodies. The Basic Energy Center should become healthy and strong)

17. Then Project Pale Violet Energy to the Basic Energy Center
18. Inhale … Exhale … Project …
19. Further Emotional Control can be generated through Projecting Pale Violet Energy to the Crown and Increase the Size of the Center

- Extracted from the Notes of Charlotte Anderson

When the body is under stress, some of the outward flow from the etheric through the chakras in turn affects the emotional field. The colors, which vary from chakra to chakra in turn affects the emotional field.

- Extracted from *The Chakras and the Human Energy Fields,* by Shafica Karagulla, Dora van Gelder Kunz, ©1989, Page 35

20. Project Brilliant Electric Violet Energy to the Crown Energy Center
21. Inhale … Exhale … Project

(This will allow Divine Energy to come down so that the Client will have a Greater Sense of Control over their Emotional State … because it enables the Higher Energies to have more Control over the Lower Energies)

- *Extracted from the Notes of Charlotte Anderson*

-

Every time a feeling of anger, hate, jealousy, greed, etc. just begins to be felt – take charge of it, transmute it by immediately replacing it with a detached feeling or better yet, with love. You may call for "Light", "Help", "Jesus", or any Divine source, but do not express these feelings, for this is only feeding them and giving them momentum.

- Extracted from *Prisoners of Earth: Psychic Possession and Its Release,* by Aloa Start, ©1987, Page 11

22. Project Energy to all the Treated Energy Centers
23. Inhale … Exhale … Project
24. Re-Check all Energy Centers
25. Secure the Energy
26. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center. This step will give the Client a Greater Sense of Love and Inner Peace
27. Give Thanks

- Extracted from the Notes of Charlotte Anderson

ANXIETY

Chronic worry produces a disturbance in the solar plexus chakra at the emotional level, this in turn creates a disturbance in the corresponding chakra at the etheric level, which directly affects the digestive tract and liver.

- Extracted from *The Chakras and the Human Energy Fields*, by Shafica Karagulla, M.D. Dora van Gelder Kunz, ©1989, Page 54

TREATMENT TO REMOVE ANXIETY

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Cleanse the Solar Plexus Energy Center Front and Back with Brilliant Electric Violet Energy
4. Project Pale Blue Energy to Shrink the Size of the Solar Plexus Energy Center
5. Check all Energy Centers for Anxiety Energies
6. Separate the Energy Center in the Individual Areas
7. Remove the Thought Forms of Anxiety – Completely - from all of the Energy Centers
8. Check the EIF to see if any Anxiety is remaining in the EIF –
9. Remove it Completely
10. Increase the size of the Heart Energy Center
11. Increase the size of the Ajna Energy Center
12. Increase the size of the Crown Energy Center
13. Re-Check all Energy Centers
14. Secure the Energy
15. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
16. Give Thanks

- Extracted from the Notes of Charlotte Anderson

A sedative, quieting or soothing effect can be obtained and is of great benefit in all nervous ailments. Painful sensations can be relieved, irritated nerves tranquilized and soothed. Nervous disorders are quickly and beneficially influenced by a sedative treatment.

- Extracted on the 8th March 2012 from http://www.mcmillinmedia.com/eaem/master1/mastcont.html

CRABBINESS & NASTINESS ARE ENERGIES THAT CAN BE REMOVED

Anger, temper tantrums, feelings of great depression or rejection, or even extreme fatigue or hysteria can lower the auric frequency. In fact, any uncontrolled emotion changes the auric field and draws to that person. This is why the Masters of the ages have constantly stressed that one must learn to control one's emotions and thoughts.

- Extracted from *Prisoners of Earth: Psychic Possession and Its Release,* by Aloa Starr, ©1987, Page 11

DIFFICULT PEOPLE

To Treat Difficult People you may:

Paint the whole person with Pink Energy
Then Paint the person with Pale Blue Energy
Cut! Cut! Cut!
Practitioners should be forewarned and not be surprised – if when they see the person again - they want to give you a hug.

However to handle personal Relationships that are constantly causing you emotional upheavals or pain, you may use The Ritual of Cleansing and Blessing – using Colored Energies.

COMMENTARY ON ANGRY ENERGIES & NASTY CRABBY PEOPLE

When a Person is always criticizing another Person or when they are always Looking Down on other people - this indicates a Weakness of the Mind as well as a Weakness in the Mental Body.

If angry Energy is found – Sweep if off – and paint the area Pale Blue.
Sometimes, if they are sprayed with icy water, their Anger will be "cooled off" and will disappear.

- *Extracted from the Notes of Charlotte Anderson*

Blue is the color that can soothe any tormenting emotions …

- Extracted from *Crystal Awareness,* by Cathrine Browman, ©1987, Page 144

Criticism "hits the Throat Energy Center. When a Person is Nagging or is Nasty or when a Person has no Courage or no Ambition, the Practitioner should do the following Treatment:

ENERGY TREATMENT FOR CRITICAL PEOPLE

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Clean the Front and Back Solar Plexus Energy Centers
4. Then, Check all Energy Centers - including the Throat Energy Center

(When a Practitioner finds any Angry Energies in the EIF or Energy Centers he should immediately "Eradicate" them)

5. Do thorough Cleansing
   Sweep off the Angry Critical Energies
6. Then Project Energy to all the Treated Energy Centers
7. Inhale … Exhale … Project ..
8. Re-Check all Energy Centers
9. Secure the Energy
10. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
11. Inhale …Exhale … Project

(This step will give the Client a Greater Sense of Love and Inner Peace)

12. Give Thanks

- Modified and Extracted from the Notes of Charlotte Anderson

(This compilers Life Partner stated, "Sometimes if these people are sprayed with icy water, their Anger will disappear". The Energy of Icy Water has been noted to be Pale Blue or Cooling in Color.)

ENERGY TREATMENT FOR NASTY CRABBY PEOPLE

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Cleanse the Solar Plexus Energy Center Front and Back with Brilliant Electric Violet Energy
4. Project Pale Blue Energy

5. Inhale … Exhale … Project
6. Check all of the Energy Centers for any signs of Irritation
7. Separate the Energy Center in the Individual Areas
8. Remove the Thought Forms of Contentiousness - Completely from all of the Energy Centers
9. Check to see if any Energy of being Quarrelsome is remaining in the EIF. If found … remove it Completely
10. Increase the size of the Heart Energy Center
11. Increase the size of the Ajna Energy Center
12. Increase the size of the Crown Energy Center
13. Re-Check all Energy Centers
14. Secure the Energy
15. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
16. Inhale … Exhale … Project

(This step will give the Client a Greater Sense of Love and Inner Peace)

17. Give Thanks

- Extracted from the Notes of Charlotte Anderson

8 – Lesson 8	ADVANCED PROTOCOL FOR RAPID REMOVAL OF UNWANTED ENERGIES, UNREGULATED FEARS, PHOBIAS, DEPRESSION (PHYSICAL, MILD & SEVERE DEPRESSION), GRIEF AND SUICIDAL TENDENCIES
Organizational:	
Power Point	
Book Refeence*	*The Chakras & Esoteric Healing,* by Zachary F. Landsdowne, ©1986 *Urban Shaman,* by Serge Kahili King, ©1990 *Prisoners of Earth: Psychic Possession and Its Release,* by Aloa Starr, ©1987 *Chakra Therapy: For Personal Growth & Healing,* by Keith Sherwood, ©1988 *This New Age Primer: Spiritual Tools for Awakening,* by Pete Sanders Jr., ©1993

*These book references apply only to this Sequence that you are reading

ADVANCED PROTOCOL FOR THE RAPID REMOVAL OF UNWANTED ENERGIES

THE BRILLIANT ELECTRIC VIOLET NET PROTOCOL

The Brilliant Electric Violet Net Protocol is simple to use and very effective.

1. Complete The Level III Foundation Protocol
2. Perform the normal sequence of steps in doing Cleansing
3. Project a Ball of Luminescent Brilliant Electric Violet Energy – about 6-12 inches (or 15-30 Centimetrs) above the head of the Client
3. Allow a Fine Veil or Mesh Net of Brilliant Electric Violet to fall down from the Ball - from Above the head of the Client - down to their feet - surrounding their entire body
4. Tie a knot at the bottom end of the Net
5. Now, gently pull the Net from the bottom (using Both Hands) – from below the feet down, down, down – "Combing" the Net - through the Client's entire Physical, Subtle Bodies and Energy Centers - of the Client
6. Periodically twist the bottom of the ends of the Net - so that no Unwanted Energies will escape from the Net – and continue to slowly pull it down, down, down – placing it into the Bowl of Water and Salt.
7. The Practitioner may also periodically tie a New Knot at the bottom of the

Net - as they continue to pull the Net as they Gently and Persistently pull the Net through the system of the Client – continuing to pull it down down down

8. When New Knots are tied – then Unwanted Energies are contained within the various Knotted areas – and are unable to escape.
9. As the Net stretches at the end – to accomodate all of the Unwanted Energies, Stress Energies etc. - Periodically and Deliberately - the Practitioner should continue to place the "Twisted" or "Tied" Ends of the Net - into the Basin of Water and Salt – Do Not allow them to accumulate on the floor..
10. As the Net is pulled down through the System of the Client - all Unwanted Thought Forms, Negative Energy Entities, Unwanted Negative Energies are systematically "Combed Out" of the various parts of the Clients Physical and Energy Sytems - and are rapidly and substantially removed
11. When the Net reaches the very bottom of the Feet then tie the Net again – so that ultimately the entire Net will be placed into the Water and Salt
12. **IMMEDITELY EMPTY THE WATER AND SALT INTO THE TOILET.**
    (Do not continue to use the same bowl of Water and Salt at the end of this Protocol.)
13. Disconnect the Energy Links – Cut! Cut! Cut!
14. Give Thanks
15. After a fresh Bowl is prepared – the Practitioner may proceed to apply normal Treatment Protocols to further improve the Condition of the Client.
16. Practitioner's may use this Protocol for themselves as well as for their Clients. This is a rapid way to decontaminate a Practitioners body after Treatment Sessions.

UNREGULATED FEARS AND PHOBIAS

In dramatic situations Thought Forms of Fright or Fear are produced and these Energies may enter and remain within the Energy Centers – even for years – after the traumatic incident or event transpired.

Frequently it has been observed within the Psychiatric Community - that the underlying Energies of dramatic experiences may automatically manifest as depression, low self-esteem, a lack of confidence, nervousness, worry, concern or even as phobias in the future.

The material of the astral world is very impressionable, and responds quickly to the thought forms or images, which we imbue with our feelings…they may stay for a long time, these are often seen by clairvoyants surrounding their creator.

- Extracted from *The Chakras and the Human Energy Fields*, by Shafica Karagulla, M.D. Dora van Gelder Kunz, ©1989, Page 51

In the case of Phobia, Fear or Thought Entities, sometimes the person has an irrational Fear. In such cases they may be picking up the "Psychic Garbage" from someone else. This is due to the Individual's extreme Sensitivity. They must learn to distinguish what information is within them from the information that comes to them from external sources.

- *Extracted from the Notes of Charlotte Anderson*

Fear is self-limiting; fear makes a person feel feeble, small and ultimately insecure. It causes a person to contract on every level, it disrupts the energy system and the relationship he/she has to themselves and to everyone else.

- Extracted from *Chakra Therapy: For Personal Growth & Healing,* by Keith Sherwood, ©1988, Page 45

TWO SIMPLE METHODS FOR TREATING THIS DISORDER.

METHOD 1

When an uncomfortable situation arises such a person may say, "Is this mine or did I pick this up from another Person?"

It is also possible to pick up someone else's tension, depression or fatigue and take it on as your own. Those headaches that you can't shake or those "off" feelings that depress you may not even be yours.

- Extracted from *This New Age Primer: Spiritual Tools for Awakening,* by Pete Sanders Jr., ©1993, Page 19

The state of the mind and body determines what kind of energies will most influence it. Simply put, whatever fear you have will resonate to, or be influenced by, additional fear around you; and whatever confidence you have will be more resonant to additional confidence.

- Extracted from *Urban Shaman,* by Serge Kahili King, ©1990, Page 116

People with this condition may say:

"Is this Fear mine or did I pick this up from another person?"

When this happens it is possible to "Erase" the unwanted Fear or Emotional Reaction.

Simply Touch the Ajna with the fingers of the Left Hand and Erase the unwanted Negative Thoughts from one's Mind - with the Right Hand.

When a Client touches their Ajna - they Activate their Self-Control and Will Power – and may more easily resist the Unwanted Negative Thoughts – by pushing these Energies strongly away. They should continue to do so – until the Unwanted Repetitive Negative Thoughts - stop trying to return.

This method simply "Erases" the Client's Unwanted Fears and more simple Phobic Reactions.

METHOD 2

1. Touch the Ajna Energy Center
2. Focus on the Unwanted Thoughts or Emotions
3. Raise your right hand and Erase those Thought or Emotions using Brilliant Electric Violet Energy
4. Simply say, "Erase, Erase, Erase!"
5. If the Unwanted Thoughts or Emotions return again, simply touch the Ajna Energy Center and Form a Strong Intention to Remove the Thought or Emotion completely
6. With Will power you may strongly resist these Unwanted Energies – simply pushing them away (even when they are trying to come back)
7. If Thoughts sometimes are continuously trying to come back it means there is a psychic impression intruding again and again

- Extracted from the Notes of Charlotte Anderson

Put the memory on a screen, as if you were running a movie, and then run it at high speed or in slow motion, and/or speed up, slow down … A good variation is to make the memory into a play, with you as the director telling the actors to do exactly what they did and praising them on their performance.
… Change the elements into their opposites. Color is a good place to start. If the memory is in vivid color, make the colors faded or change them to black and white.

- Extracted from *Urban Shaman,* by Serge Kahili King, ©1990, Page 225

Trauma from past lives and old karma also leave their residue in the solar plexus energy, and this often must be dissipated before progress is possible on higher levels.

- Extracted from *The New Age Primer: Spiritual Tools for Awakening,* by Hallie Deering, ©1993, Page 39

DISTINGUISHING BETWEEN UNREGULATED FEARS & PHOBIAS

When the Thoughts try to come back over and over again – it has been noted that

this is due to the record of a strong psychic impression - that is returning or replaying again and again.

Several authors have discussed various techniques to remove these troubling Repetitive Thoughts.

Put the memory on a screen, as if you were running a movie, and then run it at high speed or in slow motion, and/or speed up, slow down … A good variation is to make the memory into a play, with you as the director telling the actors to do exactly what they did and praising them on their performance …
4. Change the elements into their opposites. Color is a good place to start. If the memory is in vivid color, make the colors faded or change them to black and white.

- Extracted from *Urban Shaman,* by Serge Kahili King, ©1990, Page 225

ENERGY TREATMENT FOR FEAR

Fear is self-limiting; fear makes a person feel feeble, small and ultimately insecure. It causes a person to contract on every level, it disrupts the energy system and the relationship he/she has to themselves and to everyone else.

- Extracted from *Chakra Therapy: For Personal Growth & Healing,* by Keith Sherwood, ©1988, Page 45

In the case of Fears, Energy Beings or Energy Entities are lodged in the Solar Plexus and the Crown Energy Center.

1. Complete The Level III Foundation Protocol
2. Entities are Lodged in the Solar Plexus and the Crown Energy Center
3. Remove these Thought Forms from the Energy Centers

- Extracted from the Notes of Charlotte Anderson

It is also possible to pick up someone else's tension, depression or fatigue and take it on as your own. Those headaches that you can't shake or those "off" feelings that depress you may not even be yours.

- Extracted from *This New Age Primer: Spiritual Tools for Awakening,* by Pete Sanders Jr., ©1993, Page 19

ENERGY TREATMENT FOR PHOBIA

In the case of Phobias, Bulges are usually found in the Solar Plexus and the Crown Energy Center.

If an area Bulges out, Clean it, Clean it, Clean it – many times …
Then Remove and Eradicate the Thought Forms until they are completely gone.

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Project Brilliant Electric Violet Energy
4. Inhale … Exhale … Project
5. Then Command the Phobia to, **"BE COMPLETELY EXPELLED AND ERADICATED!"**
6. Clean the Ajna Energy Center
7. With the right hand extend your Long Energy Fingers into the Ajna and Pull out the Phobic Energy out of the Energy Center
8. Bulges are usually found in the Solar Plexus and the Crown Energy Centers
   If an area Bulges out – Simply "Clean it, Clean it, Clean it" – many times
9. Then Command the Thought Form to be "Eradicated"
10. Re-Check to be certain the Thought Form is gone
11. Treat the Areas with
    a. Two Cycles of Pale Violet Energy
    b. Inhale … Exhale … Project
    c. Two Cycles of Brilliant Electric Violet Energy
    d. Inhale … Exhale … Project
    e. And Say, "Be Gone!"
12. Increase the size of the Crown Energy Center
13. Increase the size of the Heart Energy Center
14. Re-Check all Energy Centers
15. Secure the Energy
16. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
17. Give Thanks

- Extracted from the Notes of Charlotte Anderson

MILD DEPRESSION CAN BE TREATED WITH ENERGY

In the case of Depression when the Practitioner Projects Energy to the Spleen Energy Center the whole Body will become stronger.

The splenic chakra assimilates prana from the atmosphere which then vitalizes the entire system of major and minor chakras.

- Extracted from *The Chakras & Esoteric Healing,* by Zachary F. Landsdowne, ©1986, Page 17

When the Basic Energy Center is strong and fully functional the Client

usually will not tend to have Suicidal Tendencies.

Therefore in the case of Depression Practitioners should always check the functionality of this Energy Center when Treating a Client.

In cases of Depression the Practitioner should carefully Assess the Basic Energy Center, Cleanse it thoroughly and then Project Pale Red Energy.

However if the Client may have a Sexually Transmitted Disease (STD) - Luminescent White Energy should be Projected instead of Pale Red Energy – which could trigger the activation of these conditions.

Begin by Treating the lower Energy Centers at the back of the body.
In certain Instances it is necessary for Advanced Practitioners to Treat the Meng Mein Energy Center.

This tends to improve the Flow of Energy in the body and will enhance the Well Being of the Client when it is Treated together with the Basic.

When imbalanced – it may be required that an Advanced Practitioner Gently Project Energy to the Meng Mein Energy Center.

Great care should be taken not to Increase the size of the Meng Mein Energy Center in cases of Malignancy, Hypertension or in the case of severe Heart Conditions. Special Care should also be taken to avoid treating the Meng Mein Energy Center of Children and Geriatric Clients.

Memories, of course, are vital to our functioning as human beings, but if the activation of the memory also activates a negative emotional response, the effect can be detrimental to our health, wellbeing, and effectiveness.

-Extracted from *Urban Shaman,* by Serge Kahili King, ©1990, Page 223

In case of Depression, the Traumatic Situation or Stressful Situation of the client also needs to be Expelled and Eradicated!

The Solar Plexus, the Ajna and the Crown Energy Center need to be Cleansed and the Traumatic Energies need to be completely Removed or Expelled before Projecting Energy.

- Extracted from the Notes of Charlotte Anderson

If the brow chakra is not developed … he may experience a psychotic mental illness such as idiocy, deep depression, obsession, possession, multiple personality, or schizophrenia.

- Extracted from *The Chakras & Esoteric Healing,* by Zachary F. Landsdowne, ©1986, Page 45

PHYSICAL DEPRESSION

Physical Depression is frequently due to a lack of Energy or after a surgery.

In these cases a person's mental illness can often be cured by purely material means, that increase his vitality, such as building up his etheric body through sunshine, vitamins, balanced diet, and proper exercise, plus correct treatment and balancing of his endocrine gland system.

- Extracted from *The Chakras & Esoteric Healing,* by Zachary F. Landsdowne, ©1986, Page 45

ENERGY TREATMENT FOR MILD DEPRESSION

The Spleen Chakra is the center through which we perceive if you are in a good mood when you meet your friend for coffee and a chat, but your friend has problems and is depressed … Feeling much better your friend goes away happy and relieved. You, on the other hand, feel strangely depressed.

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 28

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1. Clean all of the Energy Centers
2. Re-Check the Heart, Ajna and Crown Centers
3. Apply The Brilliant Electric Violet Net Protocol
4. "Freeze" the Elemental Energies – if any are present
5. Re-Check All of the Energy Centers. Do any need to be Re-Cleansed?
6. Now "Flood" the Crown and the Front and Back Solar Plexus and Heart Energy Centers - with Brilliant Electric Violet Energy.

6. From the Solar Plexus Energy Center Upward – Treat the areas with Brilliant Electric Violet Energy
7. Cleanse the Spleen Energy Center with Luminescent White Energy and then Project Pale Violet Energy
8. From the Solar Plexus Energy Center Down to Basic Energy Centers – Cleanse with Luminescent White Energy, then Project Pale Red Energy. Include the Minor Palm and Feet Energy Centers of the Client.
9. Re-Check all Energy Center
10. Secure the Energy
11. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the

Back Heart Energy Center.

12. Inhale … Exhale … Project

(This step will give the Client a Greater Sense of Love and Inner Peace)

12. Give Thanks

Instrucrors Note:
Practitioners should remember Not to Use Red Energies if the Client has Hypertension, Caner or STD's. Instead Shrink the Energy Center Using Pale Blue Energy

Multiple authors have noted the important connection between the Feet and the Basic Energy Center in replenishing the physical body's energy.
When the Client is completely filled with Revitalizing Fresh Energy – frequently their Depression will be relieved.

- Extracted from the Notes of Charlotte Anderson

The first chakra is connected to the chakras in the soles of the feet. If this connection is not healthy, grounding may be very difficult. In any study of the first chakra, the foot chakras must be included.

- Extracted from *Your Aura & Your Chakras: The Owner's Manual,* by Karla Mc Laren, ©1998, Page 152

The root charka is connected to the foot chakras, the energy wheels that exist in the center of the arch of each foot. The foot chakras ground the body to the earth. Grounding is a powerful way to replenish and stabilize the body's energy.

- Extracted from *Homeopathic Materia Medica of Graphical Drug Pictures,* by A. Pullford, ©2002, Page 160

SEVERE DEPRESSION

Practitioners should Never attempt to supplant Medical Doctors in the Treatment of Severe Depression. Whereas Energy Treatments may be of assistance in Depressive Clients – Sever Depression is a serious and sometimes life threatening condition that should not be undertaken irresponsibly by a Practitioner.

When a Client's Depression is Severe and the Practitioner Projects Energy to the Client - the Practitioner may rapidly become depleted. This is because Severely Depressed people are like Energy Vacuums.
Teach Clients with this Condition to do Yogic Breathing – to increase their level of Energy.

While Practitioners may not prescribe drugs to Clients – they may suggest the client take the Food Supplement – Ginseng – and allow them to assimilate it before doing the Treatment – in order to increase their Energy Level.

(Practitioner's should NOT recommend Ginseng to clients with Hypertension or Cancer, SDT's, or Leukemia..)

One interesting Technique that was shared with this compiler by her Life Partner is to ask the Client to lie on the Ground while doing the Treatment. This will allow them to absorb Earth Energy.

Or you may ask them to do The Planetary Meditation for Peace before or during the Treatment.

- Extracted from the Notes of Charlotte Anderson

THE DANGER OF SUICIDE

The basic chakra feeds the life-giving principle, the will to live, to all parts of the physical body, resulting in the fundamental instinct or self-preservation.

- Extracted from *The Chakras & Esoteric Healing,* by Zachary F. Landsdowne, ©1986, Page 17

PRACTITIONERS NOTE:
IN CASES OF SERIOUS SUICIDAL TENDENCIES THE PROPER AUTHORITIES SHOULD IMMEDIATELY BE NOTIFIED. AN ENERGY PRACTITIONER SHOULD NEVER RISK HOLDING THE BELIEF THAT MEDICAL INTERVENTION IS UNNECESSARY.

In the case of suicidal tendencies the Instinct for survival comes from the Basic Energy Center. The Basic Energy Center needs to be big and strong.

1. Complete The Level III Foundation Protocol
2. Project Pale Red to the Basic Energy Center

Practitioner's should remember to Project Pale Red to the Basic Energy Center unless STD's are present or suspected (In this case Luminescent White may be used).

In the case of suicide Pale Red should be used for the Basic Energy Center unless there are STD's present.

- Extracted from the Notes of Charlotte Anderson

ENERGY TREATMENT FOR GRIEF

Sometimes it has been noted that deep Grief is pushed down within a Clients system for years. This Technique removes the Grief, instead of keeping the Emotion of Grief inside the person.

When Grief is Released from the Client's Energy System – this allows the Client to resume a normal Life.

- Extracted from the Notes of Charlotte Anderson

Instruct the Client to take regular Baths with Water and Salt.

In cases of Grief …

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Cleanse the Solar Plexus Energy Center Front and Back with Brilliant Electric Violet Energy to Remove the Grief Completely
4. Project Pale Blue Energy
5. Inhale …Exhale … Project
6. Check all Energy Centers for Grief
7. Separate each Energy Center into Individual Areas
8. Remove All Grief Thought Forms Completely from all of the Energy Centers
9. Check the EIF if Grief is remaining in the EIF and remove it Completely
10. Increase the size of the Heart Energy Center
11. Increase the size of the Ajna Energy Center
12. Increase the size of the Crown Energy Center and the entire Head Area
13. Re-Check all Energy Centers
14. Secure the Energy
15. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
16. Inhale …Exhale … Project …

    (This step will give the Client a Greater Sense of Love and Inner Peace)

18. Give Thanks

- Extracted from the Notes of Charlotte Anderson

Anger, temper tantrums, feelings of great depression or rejection, or even extreme fatigue or hysteria can lower the auric frequency. In fact, any uncontrolled emotion changes the auric field and draws to that person. This is why the Masters of the ages have constantly stressed that one must learn to control one's emotions and thoughts.

- Extracted from *Prisoners of Earth: Psychic Possession and Its Release,* by Aloa Starr, ©1987, Page 11

You will notice, that the Sex Energy Center becomes depleted very fast – therefore you will need to do 5-10 Breathing Cycles for Projecting Energy to the lower Centers with Pale Red.

The Process of Treating this Disorder will take a minimum of two - three years.

L9– Lesson 9	OBSESSION, COMPULSION AND ADDICTIONS: INCLUDING UNDERSTANDING & REMOVING ENERGETIC "HOOKS", CIGARETTE ADDICTION, ALCOHOL ADDICTION & HABITUAL DRUG ABUSE, FOOD ADDICTION & ANOREXIA
Organizational:	Approximately 20 min
Power Point	
Book Reference	*The Chakra,* by Charles W. Leadbeater, ©1927 *Battling Dark Forces,* by Torkom Sarayadarian, ©1998 *Hands of Light,* by Barbara Ann Brennan, ©1987 *Etheric Double – The Health Aura,* by A.E. Powell, ©1925 *Crystal Awareness,* by Catherine Browman, ©1987 *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978 *The Human Aura: How to Activate and Energize Your Aura and Chakras,* by Mark L. and Elizabeth Clare Prophet, ©1971 *Urban Shaman,* by Serge Kahili King, ©1990 *The Chakras and the Human Energy Fields,* by Shafica Karagull, Dora van Gelder Kunz *Yoga Journal*, Feb 1983, Interview of Gerald G. Jampolsky, ©1983 *Discontentment: Being Content in a Discontented World*, by Larry D. Black, ©2006 *Achieving a Mind-Body-Spirit Connection: A Stress Management Workbook*, by Brian Luke Seaward, ©2005
Internet	www.pranichealing.org http://www.lipstickmystic.com

*These book references apply only to this Sequence that you are reading

OBSESSION AND COMPULSION

ENERGY TREATMENT FOR OBSESSION

In Obsession - the Emotional and Mental Energy is stuck in the Solar Plexus and the Crown Energy Center

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. The Ajna Energy Center is generally small.
4. With the right hand extend your Energy Fingers into the Ajna and Pull out the Obsessive Energy

5. Then Command it to be "Completely Expelled and Eradicated!"
6. Clean the Ajna and the Solar Plexus Energy Center.
7. Feel or Scan the Front and Back Solar Plexus Energy Center and the Crown. Carefully Remove and Eradicate All of the Obsessive Thoughts in the Crown and Solar Plexus Energy Centers. These are the Obsession itself
8. Re-Check all Energy Centers both Treated above and not yet Treated and Treat them
9. Secure the Energy
10. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
11. Inhale … Exhale … Project

(This step will give the Client a Greater Sense of Love and Inner Peace)

12. Give Thanks

- Extracted from the Notes of Charlotte Anderson

Multiple authors have utilized the "Erasing", "Reversing", or "Thought Stopping" Techniques. These are an immediate remedy for controlling Behavior Patterns and may utilize the Touching of the Ajna Energy Center to further strengthen the action precipitated by using this simple method.

Active Imagination ... We need to do that almost constantly! Like imagining a black board and erasing the negative thoughts rather than getting angry.

- Extracted from *Yoga Journal*, Feb. 1983, Interview of Gerald G. Jampolsky, Page 28

Erase – Erasing is overcoming and removing negative thoughts in order to prevent them entirely or at least to limit their impact in life. This is where we bring internal negative thoughts to consciousness and learn to notice and respond to them differently than we have in the past.
Replace – The final step in having a contented mind is to substitute new thoughts for the old ones. We can expel a negative thought by substituting a more powerful positive though. We need to empty our brain and to refill it with confident energy.

- Extracted from *Discontentment: Being Content in a Discontented World,* by Larry D. Black, ©2006, Page 33,35

When you say something negative, follow that thought with a verbal statement such as "I erase that thought." And then counterbalance the negative thought with a neutral or positive thought. Negative thought stopping, in whatever form, is a practice of domesticating the ego.

- Extracted from *Achieving a Mind-Body-Spirit Connection: A Stress Management Workbook,* by Brian Luke Seaward, ©2005 Page 75

Sometimes the Client will pick up Thoughts from someone else when they are Sensitive. This is because we actually live in a "Turbulent" Ocean of Thoughts and Emotional Energies – which constantly surround us wherever we are located – unless of course one is living alone in a remote area or on top of a mountain!

Using the "Erasing" Technique to immediately and Consciously bring the Thoughts into the Awareness of the person.
The Client should simply say

"I am not in the habit of Thinking in this Manner!
These thoughts are coming from a source outside of me and I may chose not to accept them!"

Touch the Ajna Energy Center with the left Hand and with the right Hand say, "Erase, Erase, Erase – this Obsessive Repetitive Thought is not mine!"

- *Modified and Extracted from the Notes of Charlotte Anderson*

The state of the mind and body determines what kind of energies will affect it the most. Simply put, whatever fear you have will resonate to, or be influenced by, additional fear around you; and whatever confidence you have will be more resonant to additional confidence.

- Extracted from *Urban Shaman,* by Serge Kahili King, ©1990, Page 116

ENERGY TREATMENT FOR COMPULSION

Sometimes the Thoughts and Desires are floating in the Energy Information Field of the person

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Cleanse the Solar Plexus Energy Center Front and Back
4. Cleanse the Crown Energy Center
5. Cleanse the Ajna Energy Center
6. Remove and Eradicate Obsessive and Compulsive Thoughts in the Crown
7. Remove and Eradicate Obsessive and Compulsive Thoughts in the Solar Plexus Energy Center
8. Project Energy to all the Treated Energy Centers
9. Inhale … Exhale … Project
10. Re-Check all Energy Centers
11. Secure the Energy
12. Increase the Receptivity of the Client by Projecting Soft Pink Energy to

the Back Heart Energy Center.

13. Inhale … Exhale … Project …
    (This step will give the Client a Greater Sense of Love and Inner Peace)
14. Give Thanks

- Modified and Extracted from the Notes of Charlotte Anderson

Now, as man studies the science of perfecting the aura, he should also understand that through the misqualification of thought and feeling, many undesirable traits are brought into manifestation. Most dangerous of all is misqualification in the emotional body of man, in the feeling world, for thereby the heart is touched and in turn often sways the whole life record of the individual into a miasma of doubt and questioning.

- Extracted from *The Human Aura: How to Activate and Energize Your Aura and Chakras,* by Mark L. and Elizabeth Clare Prophet, ©1971, Page 9

UNDERSTANDING "ENERGETIC HOOKS"

Generally in Addictions it may be challenging to facilitate Rapid Improvement due to the attachment of Etheric Hooks into Energy Centers or occasionally into other Areas of the body.

The Thought Forms associated with the Addiction are similar in Nature to Energy Links or Cords which:

> Number 1: leave the Client's Energy System weakened or
> Number 2: Create more difficulty in relieving the Client of the condition because even when the Thought Form appears to have been extracted deeply impeded Hooks remain behind until they are removed

Therefore this Type of Energy Connection must be Completely & Thoroughly extracted & the Etheric Wound left by the Removal of the Hook or Hooks must be completely Sealed so as to facilitate Rapid Improvement

ENERGY TREATMENT FOR THE REMOVAL OF HOOKS

1. Get a Partner.
2. Decide who will be the Practitioner, and who will be the Client
2. Take a Basin of Water & Salt & a Sprayer
3. Practitioners stand up - Clients sit down
4. Let's Invoke for Divine Blessings

To the Supreme God

Humbly we Thank You for Your Great, Great Blessings
We Thank You for Your Divine Guidance, Help and Protection
And for Miraculous Healing Power
With Thanks & in Full Faith. Thank You!

5. When you Treat, Remove your Watch and Jewelry
Exercise your Hands to Increase the Responsiveness
Practitioner, Smile to Increase your Energy
Tell the Client to, "Close your eyes. Be Conductive & Sit with your feet Flat on the floor. Please Complete the Energy Circuit
6. Practitioner, Complete the Energy Circuit
7. Touch your Heart
8. Now, Form the Intention to Feel for Negative Thought Forms or Energy Beings in the various Areas of the Energy Center
9. First, Say, "Freeze, Do Not Move!"
Project Pale Blue Energy
10. Then you Remove the Thought Forms & Energy Beings connected with the Addiction.
11. Carefully Assess & Regularly Assess the Energy Center during the Removal Process
11. Clean the Energy Center completely
12. Then Feel for any Hooks which may be connected to the Area
13. Reach inside of the Energy Center with your long Energy Fingers
With the Tips of your Finger (or Fingers)
Explore the Area where the Hook or Hooks are located
14. Gently but Firmly latch onto any remaining Hooks
& gently Disconnect them one at a time
15. When all Hooks have been completely Removed …
the Area must be Thoroughly Sealed
16. Concentrate on your Crown Energy Center
Form the Intention to Seal the Wounded Area & Project Golden Energy
17. If the Hook has damaged the external portion of the Etheric Web see that the Web is thoroughly Sealed inside & outside
18. Reassess the Area
Did the Hook extend to the outer portion of the Etheric Web?
19. Explore the external Area of the Etheric Web to see if damage has extended to the outside portion of the Etheric Web or if it is limited to the Inner Portion of the Etheric Web
20. Repeat this Procedure for all of the Energy Centers needing Treatment
21. At the end of the Procedure, Give Thanks
To the Supreme God
Thank You for Divine Guidance, Help & Protection
With Thanks & in Full Faith
22. Disconnect – Cut!

ENERGY TREATMENT FOR ADDICTION

In the case of Cigarette Addiction focus your Attention on the Throat Energy Center & the Smaller Energy Center below the Throat

Be certain to Cleanse the Ajna Energy Center which is usually adversely affected by the Smoking Habit. In the case of Greed, focus your Attention on the Basic Energy Center.

In this Condition, Hooks may also be present if the person is excessively attached to the Thought Form of becoming more rich & powerful through the acquisition of Money, Wealth, Power or Control.

In all cases of Addiction check the Energy Information Field for Thought Forms connected with the Addiction itself. It is highly recommended to use the Brilliant Electric Violet Net Technique in order to Remove as many Negative Energy Beings & Thought Forms, before performing a regular Treatment.

In the case of Alcohol Addiction, Treat the Front Solar Plexus Energy Center, the Throat Energy Center & the Secondary Throat Energy Center, the Pancreas, the Kidneys & the Liver
(There can be Blood Sugar Imbalance & there is frequently Liver Damage in such cases. The Kidneys are also known to sustain Damage from the presence of these Addictive Energy Beings.)

This Addictive Condition is most predominantly located in the Front & the Back Solar Plexus Energy Center and the Throat Energy Center.

After Cleansing the Ajna Energy Center it needs to be Strengthened so that the Addictive Attitude of the person may be regulated by the Higher Energies rather than by the Lower Energies

COMMENTARY ON ADDICTIONS

Practitioners should remember to End each Treatment for Addiction – by "Sealing" the Treated Energy Centers and the Energy Information Field – in order to avoid the Elemental Energies or Energy Beings from returning to their former Residence in the Clients physical and subtle bodies.
Their entryway must be "Sealed" so as to prevent their return.

"...coaxing an old trauma to leave, filling the hole left by the trauma with the rose

light of unconditional love and **sealing it off...”**

- Extracted from *Hands of Light* by Barbara Ann Brennan, ©1987, Page 231

First, the rush of volatilizing matter actually burns away the web, and therefore leaves the door open to all sorts of irregular forces and evil influences … Injuring of the **PROTECTIVE WEB** by alcohol or drugs produces a kind of general deadening down of the man's *(finer)* qualities, resulting in gross materialism, brutality and animalism, in the loss of all finder feelings and of the power to control himself. He no longer feels any sense of responsibility; he may love his wife and children when sober, but when the fit of drunkenness comes upon him he will use the money, which should have brought bread for them to satisfy his own bestial cravings, the affection and the responsibility having apparently entirely disappeared.

- Extracted by *The Chakras,* by Charles W. Leadbeater, ©1927, Page 92, Modified by the Compiler

Clients frequently need to be treated for a lack of Energy due to the dirtiness of the Addictive Substances – which contaminates their Energy Systems.

A Practitioner should remember to be certain that the Client is fully Re-charged – when Treating Addictive Conditions – in order to provide the Client with enough of Energy – so that they are able to withstand the Desire to Reconnect to the Addictive Substance.

Smoking tobacco or marijuana dulls the pineal gland and the sensitive cells around it …

- Extracted from *Battling Dark Forces,* by Torkom Sarayadarian, ©1998, Page 107

It can be understood, when studying different Esoteric Authors that some confusion is created when they speak about differing locations for the various Energy Centers. For example, Walter Lübeck for example locates the Throat Energy Center … 3 fingers below the Larynx …

Throat Chakra Position: Three fingers below the larynx at the center line of the body.

- Extracted from *Aura Healing Handbook: Learn to Read and Interpret the Aura, Perceive Energy,* by Walter Lübeck, ©1991, Page 116

However this position is also described as a particular area – described as “The Bruh Chakra” (one of the 49 Chakras as described in the Vedic Scriptures - *The*

Tantra Vidya Gupta and *Vairata Purana.* – by Babaji GorakShanath – one of the originators of Kundalini Yoga) corresponds to the Parathyroid Glands

The 49 chakras Swami taught by Master Maitreyananda. Description based on Vairata Purana and Tantra Vidya Gupta: BRUH Chakra (Parathyroid).

- Extracted from the following website on Dec 01, 2012, http://translate.google.com/translate?hl=en&sl=es&u=http://los49chakras.blogspot.com/2011/11/los-49-chakras-o padmas.html&prev=/search%3Fq%3D49%2BChakras%26hl%3Den%26client%3Dsafari%26tbo%3Dd%26rls%3Den&sa=X&ei=xzi7UJyXEJD6sgbpnoCQAg&ved=0CDEQ7gEwAA

Description based on Vairata Purana and Tantra Vidya Gupta: Parathyroid Chakra BRUH

- Extracted from the following website on Dec 01, 2012, http://translate.google.com/translate?hl=en&sl=es&u=http://espaciozen-sohum.blogspot.com/2012/10/sistema-de-49-chakras.html&prev=/search%3Fq%3D49%2BChakras%26hl%3Den%26client%3Dsafari%26tbo%3Dd%26rls%3Den&sa=X&ei=GDy7UKHmIMnEtAbfmYCQAg&ved=0CH0Q7gEwDg

The compilers Life Partner simplified the terminology for this physical area – calling it the "Secondary Throat" Energy Center.

However, this compiler would describe this position as corresponding to the lower portion of the Parathyroid Glands – and also will call it the "Secondary Throat" Energy Center.

In the Energy Treatment of Addiction - both the Throat Energy Center as noted by multiple Esoteric Authors (Leadbeater, Bailey, Brennan, Landowne and others) and the area described as the "Bruh Energy Center" in the Ancient Hindu Literature and by Maha Atma Choa Kok Sui - will be used.

ENERGY TREATMENT FOR ADDICTIONS

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Sometimes in the process of General Cleansing the Elementals are Removed. In general these Elementals will be permanent residence in the body, if they are not removed.
4. Symptoms of many Addictions are found in the Throat - and the Secondary Throat Energy Centers - also in the ears.

5. The Ajna Energy Center needs to be Cleansed and Energy Projected as well as the Forehead and the Crown in order to assist to bring about Greater Control of the Soul over the body.
6. The Front and Back Solar Plexus Energy Center need to be treated in the case of Addiction, Hallucination, or Low Energy.
7. The Desire for whatever it is that is being craved - is in the Solar Plexus Energy Center Front and Back – so after the Front and Back Solar Plexus are Cleansed the Practitioner should Create Shields for these Energy Centers – the same is true for the Throat and the Secondary Throat.
8. Cleanse and Project Energy to …
    - the Basic Energy Center
    - the Navel Energy Center
    - and the Spleen Energy Center

   This sequence of Treating will make the body strong
9. Re-Check all Energy Centers
10. Secure the Energy
11. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
12. Inhale … Exhale … Project …
13. Give Thanks

- Modified and Extracted from the Notes of Charlotte Anderson

Ask the Client to touch their Ajna Energy Center to Increase the Will Power – when craving an Addictive Substance. Strengthening the Ajna and Crown Energy Centers will also assist in increasing Greater Soul Control over the physical and subtle bodies.

In the case of Addiction the Energy Centers and the Energy Information Field should be Shielded to avoid the Elemental Energies from returning to their former Residence.

CIGARETTE ADDICTION

In addition to Weaknesses in other Energy Centers, in Cigarette Addiction the Throat Energy Center is filled with Elementals.

A smoking addiction operates in a similar way in the body. Smoking elementals are these little curly critters that hang out mostly in the throat chakra. With a thick coating of these, you'll have troubles beating that smoking habit. Again, energizing the area with electric violet will expel the critters and start clearing out your desire for smoking. It can take many treatments for a lifelong smoker.

- Extracted on the 8th March 2012 from http://www.lipstickmystic.com /articles/Why_People_Gain_Weight_Or_Have_Smoking_Addiction.html

Some of the Thought Forms regarding Addition may be found in the Crown Energy Center.
This is true in both Alcoholism and in Smoking Addiction.
Smoking Energy Entities "Live on Smoke".
Every time the Client Smokes - they get stronger.

They become demanding and constantly crave: "Smoke, Smoke, Smoke".

- Modified and Extracted from the Notes of Charlotte Anderson

Tobacco habit: it permeates the man physically with exceedingly impure particles, … astrally it tends to deaden many of the vibrations … After death it causes a sort of ossification and paralysis of the astral body, so that for a long time (extending to weeks and months) the man remains helpless, supine, scarcely conscious, shut up as though in a prison, unable to communicate with his friends, dead for the time to all higher influences."

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927,2006, Page 93

Remove and Eradicate the Desire Thought Forms from the Solar Plexus Energy Center with Pale Violet and Brilliant Electric Violet Energy

Violet, linked to the crown chakra, is the last of the seven rays. Violet can be used for an overall emotional and physical healing.

- Extracted from *Crystal Awareness,* by Catherine Browman, ©1987, Page 144

ENERGY TREATMENT FOR CIGARETTE ADDICTION

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Cleanse the entire Throat region and the Secondary Throat Energy Centers *(All Energy Beings connected with the Addiction should be consciously removed).*
4. Cleanse the Solar Plexus Energy Centers
5. Cleanse the Crown Energy Center and the area around the Head of the Client.
6. Then Cleanse the Ajna Energy Center
7. Project Brilliant Electric Violet Energy to more deeply & completely Cleanse the above Treated areas

8. Inhale … Exhale … Project
9. "Seal" the Protective Webs of all of the Treated areas
10. Create Shields for all of the Treated areas and Energy Centers – particularly for the Throat and the Secondary Throat Energy Centers and Ajna Energy Center of the Client
11.. Re-Check all Energy Centers
12. Secure the Energy
13. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
14. Inhale … Exhale … Project
15. Give Thanks

Smoking Elementals belong to the Fire Element.
In the case of Smoking the Client should suck on a piece of ice when they feel like Smoking. This is because water is Anti-Fire Elemental.

- Extracted from the Notes of Charlotte Anderson

This compiler's Life Partner Maha Atma Choa Kok Sui recommended that smokers who wish to quit smoking should suck on ice chips. He explained that Smoking Elementals are connected to the Element of Fire and that Ice is a form of the Water Element. Therefore, Water Extinguishes Fire and the "Desire" Thought Form for Smoke is thereby Extinguished.

ALCOHOL ADDICTION

First, the rush of volatilizing matter actually burns away the web, and therefore leaves the door open to all sorts of irregular forces and evil influences …
Injuring of the protective web by alcohol or drugs produces a kind of general deadening down of the man's qualities, resulting in gross materialism, brutality and animalism, in the loss of all finder feelings and of the power to control himself. He no longer feels any sense of responsibility; he may love his wife and children when sober, but when the fit of drunkenness comes upon him he will use the money, which should have brought bread for them to satisfy his own bestial cravings, the affection and the responsibility having apparently entirely disappeared.

- Extracted by *The Chakras,* by Charles W. Leadbeater, ©1927, Page 92

In any case of Addictions a Practitioner should also focus on Removing Greed Elementals. Eradicating these strong Thought Forms of Desire may assist in releasing the Client from their Obsession with the Substance.

Do not only Scan or Feel for these Qualities in the Energy Centers.
Holding your hand in front of the Client, slowly move the hand downward approximately 15-20 cm or 6-8 inches away from the Client's body.
Focus on Feeling these Qualities within the Energy Bodies…
Then, be certain to Cleanse thoroughly.

Alcohol damages the solar plexus, both in the etheric body and on the fourth mental level.

- Extracted from *Battling Dark Forces,* by Torkom Sarayadarian, ©1998, Page

ENERGY TREATMENT FOR ALCOHOL ADDICTION

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Scan or Feel for these Qualities in the Energy Centers
4. Then, Hold your hand in front of the Client
5. Slowly move the hand downward approximately 6-8 inches or 15-20 cm away from the Client's Body … Focus on Feeling these Qualities within the Energy Bodies…
6. Then, be certain to Cleanse thoroughly
7. Re-Check all Energy Centers both Treated above and not yet Treated
8. Re-Check all Energy Centers again
9. Then Secure the Energy
10. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
11. Inhale … Exhale … Project
12. Give Thanks

- Extracted from the Notes of Charlotte Anderson

… also injure the web and throw open the doors which nature intended to be kept closed.

Certain drugs, notable alcohol and all the narcotics, of which tobacco is one, contain matter which on breaking up volatilizes, some of it passing from the physical to the astral state … two ways in which this deterioration or destruction may be brought about … In the first type the rush of volatilizing matter actually burns away the web … thus breaks down nature's barrier … in the second type the volatile constituents harden … checking and rippling its pulsation, so that it can no longer carry the special form of Prana which welds it into the web … we have instances of delirium tremens, obsession, and certain forms of insanity … general deadening of the higher feelings and qualities, resulting in materialism,

brutality, animalism, and loss of self-control … Their finer susceptibilities have to that extent become blunted.

- Extracted from *Etheric Double – The Health Aura,* by A.E. Powell, ©1925, Page 65

TREATMENT FOR HABITUAL DRUG USE

Multiple Authors have written about the damaging Effect of both Drugs and Alcohol.

"Drugs like LSD, marijuana, cocaine and alcohol … create "etheric mucus"

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1987, Page 92

In case of Drug Addiction the following Clairvoyant Observations have been made by Dora van Gelder Kunz and Shafica Karagulla:

The etheric solar plexus was very disturbed … the core of the etheric throat chakra was tighter … but the petals were looser … the etheric crown chakra was small and slow …

- Extracted from *The Chakras and The Human Energy Fields,* by Shafica Karagull, Dora van Gelder Kunz, ©1989, Page 150

… the result is that these volatile constituents, in flowing through, somehow harden the atom, so that its pulsation is to a large extent checked and crippled, and it is no longer capable of being vitalized …

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 91

Generally it has been noted that when a person regularly takes Drugs, they need a lot of Energy - because their Physical Body becomes weakened by the damaging effect of the drugs.

In the case of Drug Dependency it is necessary for the Practitioner to Strengthen the following Energy Centers:

- Basic Energy Center
- Navel Energy Center
- Spleen Energy Center

After these Energy Centers have been Cleansed - the Hand and Feet Minor Energy Centers should be thoroughly Cleansed and Energized so as to allow the

physical body of the Client to be filled with revitalizing Energy.

The Cracks and Holes caused by the Addictive Substances must be completely Sealed – so as to prevent the return of the Energy Beings who attach themselves to the Energy Centers of the Client.

- Extracted from the Notes of Charlotte Anderson

The mind-expanding drug experiences can cause cracks or breaks in the aura, and almost without fail bring in entities.

- Extracted from *Prisioners of Earth: Psychic Possession and its Release,* by Aloa Starr, ©1987, Page 54

People who take a lot of drugs usually – not always- need a lot of survival

assurance if you're going to heal them successfully … In healing a person who uses drugs … clean out his first Chakra thoroughly and fill it with (Gold) Energy … he needs to be enlivened

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1978, Page 148

People who have heavily used Hallucinogenic Drugs – frequently destroy their Protective Webs. This is a Major Contributing Factor to their becoming Increasingly Psychologically Imbalanced.

Frequently it has been observed that they are very Sensitive in part – due to the large amount of Information being passed unfiltered into their Consciousness through the Damaged Protective Webs.

Habitual Drug users should be treated in a minimum of three Treatments, however frequently it has been noted that Treatments should be given for an extended period of time and the frequency of the Treatments may need to be done several times per week in serious cases.

- Extracted from the Notes of Charlotte Anderson

Instructors Note:
FOOD ADDICTIONS AND WEIGHT LOSS
This topic will be fully discussed in Energy Regeneration for Beauty.

ANOREXIA

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present

3. Bring the Divine Energy down from the Crown and "Eradicate" the Elementals in the Solar Plexus Energy Center
4. Always Re-Check at the end of a Treatment if the Energy Centers are balanced
5. Re-Check all Energy Centers both Treated above and not yet Treated
6. Secure the Energy
7. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
8. Inhale … Exhale … Project …
9. Give Thanks

- Extracted from the Notes of Charlotte Anderson

There are little elementals called overeating elementals that can take up residence in the solar plexus area. Once you have a thick coating of these going on, your cravings for food (especially food that will cause you to gain weight) intensify. By energizing this area with a color called electric violet (deep violet with gold sparkles running through it) you can expel these elementals, and you'll notice your cravings starting to fade. If you've been overweight for many years, you may need to do this energy treatment for several months, several times a week.

- Extracted on the 8th March 2012 from http://www.lipstickmystic.com/articles/Why_People_Gain_Weight_Or_Have_Smoking_Addiction.html

L10 – Lesson 10	EMOTIONAL CONDITIONS AND SERIOUS ANTI-SOCIAL BEHAVIORS
Organizational:	
Power Point	
Book Reference*	*Life´s Hidden Secret* by Edward G. Collinge, ©2003 *Esoteric Healing*, by Alice Ann Bailey, ©1953 *Dream Body: The Body's Role in Revealing the Self,* by Arnold Mindell, Sisa Sternback-Scott, Becky Goodman, ©1984 *Leela: Game of Knowledge,* by Harish Johari, ©1980 *Yoga and Psychotherapy: The Evolution of Consciousness,* by Swami Rama, Rudolph Ballentine, Ajaya (Swami), ©1976 *The Human Aura: How to Activate and Energize Your Aura and Chakras*, by Mark L. and Elizabeth Clare Prophet, ©1971 *Tibetan Buddhist Medicine and Psychiatry: The Diamond Healing,* by Terry Clifford, ©1984 *The Chakras,* by Charles W. Leadbeater, ©1927 *Prisoners of Earth: Psychic Possession and its Release,* by Aloa Starr, ©1987

*These book references apply only to this Sequence that you are reading

THE REAL CAUSE OF PSYCHOLOGICAL AILMENTS

The real cause of Psychological Ailments is a lack of Soul Contact.
If the Contact is not strong, the Energy Centers control the Lower Body rather then the Soul. In other words the Higher Soul looses Control over the Vehicle.

Practitioners and Clients become stronger when they Practice The PMP.
They are recommended to attend Energy Defense Workshops to increase their ability to understand Thought Power more deeply and to learn further Technologies to Shield themselves from Unwanted Energies.

- Extracted from the Notes of Charlotte Anderson

SERIOUS ANTI-SOCIAL BEHAVIORS

Karmically speaking, a person cannot be Possessed for a certain period of time unless they are Karmically Entitled to have this Condition. If a person has severe Psychological Problems or is Psychotic, they should avoid Companions who exacerbate the Condition.

IN THE CASE OF VIOLENCE, PARANOIA AND OTHER SERIOUS ANTI-SOCIAL BEHAVIORS - PRACTITIONERS SHOULD NEVER CLOSE THEIR EYES DURING A TREATMENT– OR TURN THEIR BACK TO THE CLIENT - WHILE THEY ARE BEING TREATED.

PSYCHOSES

In Psychotic Conditions the Protective Webs of the Energy Centers are frequently damaged so severely, that multiple small Energy Beings may take residence within the Energy system of the person.

Elemental spirits have peculiar traits and characteristics that are expressed as psychopathology in the human beings affected or "possessed" by them. The classification of the elemental spirits, then, is a classification of eighteen varieties of psychoses.

-Extracted from *Tibetan Buddhis Medicine and Psychiatry: The Diamond Healing,* by Terry Clifford, ©1984, Page 176

In Level III the Practitioner works to achieve Balance and Harmony in the Client without Drugs. However Practitioner's must always remember to NEVER try to replace proper Medical Treatments.

People who have heavily used Hallucinogenic Drugs - frequently destroy their Protective Webs. This is a major contributing factor to their becoming increasingly Psychologically Imbalanced.

The malpractices which may more gradually injure the protective web are of two classes – use of alcohol or narcotic drugs, and the deliberate endeavor to throw open the doors which nature has kept closed… Certain drugs and drinks – notably alcohol and all the narcotics, including tobacco – contain matter which on breaking up volatilizes, and some of it passes from the physical plane to the astral.

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 91

Sometimes, when the Protective Webs of a Person are Damaged - due to the use of Prohibited Drugs – the Webs develop Cracks or Tears. This leaves them constantly open to Intrusion as they are then rendered to close normally.

This rush of volatilizing matter actually burns away the web, and therefore leaves the door open to all sorts of irregular forces and evil influences.

- Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 91

Frequently it has been observed that they are very sensitive in part - due to the large amount of Information being passed unfiltered into their Consciousness. This means they receive endless amounts of Information that they do not want or not need to know about.

This information overload – which may be either Positive or Negative in tone - which may be a contributing factor that Enhances the already Imbalanced Condition of the Personality of the Drug or Substance Abuse User.
It also Increases susceptibility to Negative Energy Beings - which tend to Attract other similar Energy Beings.

HALLUCINATIONS

In case of Auditory Hallucinations the Ear Minor Energy Centers and the Throat Energy Centers should be Cleaned, and Cleaned, and Cleaned and then Shielded.

- Extracted from the Notes of Charlotte Anderson

AUDITORY HALLUCINATIONS - *(as in "hearing voices")*

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. Check for Cracks in the Ear Minor Energy Centers.
3. Remember to "Freeze" the Elemental Energies present

The mind-expanding drug experiences can cause cracks or breaks in the aura, and almost without fail bring in entities.

- Extracted from *Prisioners of Earth: Psychic Possession and its Release,* by Aloa Starr, ©1987, Page 54

4. In case of Auditory Hallucinations the Ear Minor Energy Centers and the Throat Energy Centers should be Cleaned, and Cleaned, and Cleaned and then Shielded.
5. Cleanse the Throat- and Ear Minor Energy Centers with Brilliant Electric Violet Energy
6. Then Project Brilliant Electric Violet Energy to these Centers
7. Re-Check all Energy Centers both Treated above and not yet Treated
8. Secure the Energy
9. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
10. Inhale … Exhale … Project …
11. Give Thanks

- Extracted from the Notes of Charlotte Anderson

VISUAL HALLUCINATIONS

In the case of Visual Hallucinations the condition may come from the Front and Back Solar Plexus Energy Center. If the Client is having Visual Hallucinations there may be Elementals in the Eye Minor Energy Centers. These Visions tend to be very ugly. The Cracks in the Energy Centers of these people need to be Sealed by Luminescent White Energy which tends to Glue the Holes, Cracks or Tears in the Protective Webs.

When you are Sealing the Cracks, the Holes and the Tears …
1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. First, Separate the Energy Centers into the Individual Areas and Feel or Scan these Individual Areas of the Energy Centers
4. Remember to "Freeze" the Elemental Energies present
5. Then Cleanse with Luminescent White Energy or with Pale Violet and then Brilliant Electric Violet Energy

(Practitioners should Note:
When Sealing the Cracks or the Tears Reduce the Strength of the Quality of the Energy being Projected by Touching your Heart)

7. Use Pale Violet Energy
8. Follow it with Brilliant Electric Violet Energy - which last the longest and is the best
9. Remember … To Increase the Frequency of the Energy without making it too strong … touch your Heart Energy Center, when Projecting the Energy
10. Re-Check all Energy Centers both Treated above and not yet Treated
11. Secure the Energy
12. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
13. Inhale ... Exhale … Project …
14. Give Thanks

When Energy is Projected to the Back Heart Energy Center it assist in bringing Inner Peace to these troubled people.

In the case of Auditory or Visual Hallucinations do not assume the Relief to be a permanent cure. Check and Re-Check.

- Extracted from the Notes of Charlotte Anderson

Entities which are, in the higher types, expressing themselves through the association, manifestation and co-operation of less-evolved entities – then it is

only one step further to the true understanding of certain kinds of madness, which amount to the obsession or possession, either temporarily or permanently by a usurping entity, to the partial or total exclusion of the rightful tenant.

- Extracted from *Life's Hidden Secret* by Edward G. Collinge, ©2003, Page 18

AGGRESSIVE, ABUSIVE AND VIOLENT CLIENTS

Violence comes from the Basic Energy Center.
Violence comes from a Need to Fight.

The tendency to criticism, to violent dislikes, and to hatreds based on criticism or a superiority complex, produces much of the acidity from which the majority of people suffer. Where desire is inhibited … all kinds of diseases … become possible …

- Extracted from *Esoteric Healing*, by Alice Ann Bailey, ©1953, Page 38

Agitation in that body, any violent activity under stress or temper, intense worry or prolonged irritation will pour a stream of astral energy into and through the solar plexus center, and will galvanize that center into a condition of intense disturbance.

- Extracted from *Esoteric Healing*, by Alice Ann Bailey, ©1953, Page 38

The *Manipura* lies in the solar plexus area … The violence associated with the *Manipura* corresponds to the stomach area as center of food dissolution and destruction. In my experience, the stomach area becomes the center for unmitigated violence when its wisdom or signals are unheard.

- Extracted from *Dream Body: The Body's Role in Revealing the Self,* by Arnold Mindell, Sisa Sternback-Scott, Becky Goodman, ©1984, Page 41

TREATMENT FOR AGGRESSIVE, VIOLENT CLIENTS

1. Complete The Level III Foundation Protocol
2. "Freeze" the Elemental Energies present
3. For Aggressive, Abusive and Violent Clients remember, always start with the Heart Energy Center.
4. The Front and Back Solar Plexus Energy Center needs to be Cleansed with Pale Blue – the key for Aggressive, Abusive and Violent People and Paranoia - is the Front and Back Solar Plexus Energy Center.
5. Thoroughly Remove Thought Forms and Elementals of Anger, of

Violence from the Solar Plexus, Ajna and Crown Energy Center with Pale Violet Energy

6. Then Cleanse with Brilliant Electric Violet Energy.
7. Balance the Size of the Solar Plexus.
   Use Pale Blue Energy – Say, "Shrink Now"!
8. Then, Create a Protective Shield for the Solar Plexus Energy Center
   (Turn to Page 67 – for the Practice on Creating a Protective Shield.)

The First Chakra violence arises over money and belongings. Second-Chakra violence concerns sex and pleasure. The thirst for power creates violence in the third chakra.

- Extracted from *Leela: Game of Knowledge,* by Harish Johari, ©1980, Page 115

9. In Aggressive, Abusive and Violent People - the Meng Mein Energy Center is very important, because it is from the Meng Mein – that they are able to generate tremendous power.
10. The Meng Mein and the Basic Energy Center need to be thoroughly Cleansed. The size of the Energy Centers should be Normalized to Smaller.

- Modified and Extracted from the Notes of Charlotte Anderson

Characteristics of each chakra after synthesis is accomplished are as follows: at the first chakra, the synthesis of the good and the bad gives one the quality of solidity, of earthiness. One is not solid until he has overcome the basic tendency to split off and project onto others his own capacity for violence and aggression, until he has conquered the primitive fear that results from the creation of such a "good-bad," black and white world.

- Extracted from *Yoga and Psychotherapy: The Evolution of Consciousness,* by Swami Rama, Rudolph Ballentine, Ajaya (Swami), ©1976, Page 216

11. The Client will have a greater sense of Peace, if the Practitioner Cleanses the Ajna in order for the Soul to have more Control over the Emotions
12. When the Forehead and the Crown Energy Center are Cleansed and Increased the Client will have a deeper Sense of Inner Peace.
13. It is important to Treat the Forehead and the Crown in Aggressive and Violent People particularly when Hallucinations are present.

14. When you Clean and Project Energy to the Forehead, the Crown and the Ajna Energy Center - then the Soul Energy of the Client may take over and continue the process of the Self-Healing

- Extracted from the Notes of Charlotte Anderson

When the divine nature is properly understood then, how easily humanity can bring forth the *Antahkarana* and thus begin the process of correctly weaving their life manifestation.

- Extracted from *The Human Aura: How to Activate and Energize Your Aura and Chakras*, by Mark L. and Elizabeth Clare Prophet, ©1971, Page 9

15. In the case of Aggressive, Violent People - sometimes even the "Lesser" or Minor Energy Centers are Affected and Filled with Elementals.
16. Do not forget to check the Back Head Energy Center if there are Visual Hallucinations.
17. Then again, Check the entire head area including the Forehead, the Back Head, the Crown and the Ajna Energy Centers
18. Re-Check all Energy Centers both Treated above and not yet Treated
19. Secure the Energy
20. Increase the Receptivity of the Client by Projecting Soft Pink Energy to the Back Heart Energy Center.
21. Inhale … Exhale … Project …
22. Give Thanks

- Extracted from the Notes of Charlotte Anderson

L 11– Lesson 11	ENERGY HYGIENE, TREATING ONE'S OWN LIFE
Organizational:	
Power Point	
Book Reference*	*The Chakras and the Human Energy Field,* by Shafica Karagulla, ©1989 *The Astral Body,* by A.E. Powell, ©1927 *Hatha Yoga: Or The Yogi Philosophy of Physical Well-being,* by Yogi Ramacharaka, ©1904 *The Science of Psychic Healing,* by Yogi Ramacharaka, ©1909 *Etheric Double – The Health Aura,* by A.E. Powell, ©1925 *Hands – On Spiritual Healing,* by Michael Bradford, ©1993 *Health Hints for Four Fold Health,* by Frank Homer and Harietta Augusta Curtiss, ©1936

*These book references apply only to this Sequence that you are reading

1. ELIMINATE SELF DEFEATING OR SELF-HINDERING THOUGHT FORMS & BELIEFS

Practitioners should Condition themselves to Practice Right Thinking.

When this is done "Self Defeating" Negative Thought Forms and/or Progress Hindering Thought Forms will be largely avoided.
When Self Defeating Thought Forms such as …

- "I cannot do this _____ I don't know how.
- I am not good enough to do the job.
- I don't have the Right Experience to do the job.
- They are looking for someone better looking.
- I don't believe _____ will happen - No way!"
- I never win!
- I'm not intelligent enough!

… come into the mind of a Practitioner, they should "Erase" this Negative Thought Forms from their Minds and from their Lives.
Practitioners must do regular Spiritual Practice and take good care of their physical body. The foregoing recommendations should be considered.

2. USE THE PROFOUND EFFECT OF MEDITATION, PRAYER AND INVOCATION - DAILY

Practitioner's should meditate daily. The downpouring of Spiritual Energy, the Increase in the size of their Energy Centers and EIF will enhance their ability to perform Successful Treatments.

Meditation can lead to an indestructible conviction that we can be whole, because we participate in the wholeness of the universe itself.

- Extracted from *The Chakras and the Human Energy Fields*, by Shafica Karagulla, M.D. Dora van Gelder Kunz, ©1989, Page 170

If Arhat Meditations are not done – then *The Planetary Meditation for Peace* should be practiced daily. This will Increase the Practitioner's Healing Power.

…in answer to prayer…A thought of perfectly unselfish devotion provides such a channel, the grandest and noblest part of such a thought ascending to the Logos Himself…Mediation upon a Master makes a link with Him, which shows itself to clairvoyant vision as a kind of line of light. The Master always subconsciously feels the impinging of such a line, and sends our along it in response a steady stream of magnetism, which continues to play long after the meditation is over.
Regularity in such meditation is a very important factor.

- Extracted from *The Astral Body,* by A.E. Powell, ©1927, Page 168

3. EAT A HEALTHY BALANCED DIET

You must increase your supply of fluids. You must have a glass of water near and you must occasionally take a sip or so from it, saying, "I am taking this water to cleanse my system from impurities, and to bring about new, normal and healthy conditions."

- Extracted from *The Science of Psychic Healing,* by Yogi Ramacharaka, ©1909, Pages 140

Let us start with the statements of the Yogi theory of the absorption of Prana from food. This theory holds, that there is contained in the good fo man and the lower animals, a certain form of Prana which is absolutely necessary for man's maintenance of strength and energy, and that such form of Prana is absorbed from

the good by the nerves of the tongue, mouth and teeth. The act of mastication liberates this Prana, by separating the particles of the food into minute bits, thus exposing as many atoms of Prana to the tongue, mouth and teeth as possible,

- Extracted from *Hatha Yoga: Or The Yogi Philosophy of Physical Well-being,* by Yogi Ramacharaka, ©1904, Page 61

4. ALWAYS MAINTAIN A CHEERFUL POSITIVE ATTITUDE

Regular Spiritual Practice also strengthens the Energy system of the Practitioner substantially – and they may easily remain younger and healthy.

Negative thought forms can be cleared from the auric field through aura cleansing.

- Extracted from *Hands – On Spiritual Healing,* by Michael, Bradford, ©1993, Page 80

5. PRACTITIONERS MAY USE CLOTHING AS AN ENERGY BARRIER

…in magnetic healing clothing is somewhat of a barrier, silk being in this respect the worst *(but is Best for Practitioners).* The minimum possible, therefore, according to circumstances, should be worn by the patient.

- Extracted from *The Etheric Double – The Health Aura,* by A.E. Powell, ©1925, Page 77

Wearing a regular "uniform" or specific costume when you Treat Clients is a professional approach. However, it is recommended that regularly washing the clothing worn when Healing is the most important consideration.

Wearing Silk is effective against contamination when traveling in public transportation - which is frequently etherically heavily contaminated. Silk underware, Silk Sleep Sacks, or simply a Silk Cushion cover may provide a reduction in the Energies being absorbed.

After each pass the operator must take care to throw off from himself the etheric matter he has withdrawn, otherwise some of it may remain in his own system and he may presently find himself suffering from a complaint similar to that of which he has cured his patient…an operator may remove pain from a patient´s tooth, or elbow, only to find himself presently suffering from toothache or pain in the elbow.

- Extracted from *The Etheric Double – The Health Aura,* by A.E. Powell, ©1925, Page 75

6. RELEASE ALL EXCESS ENERGY AFTER TREATMENTS TAKE SALT WATER BATHS OR SHOWERS

Emotional Energies tend to be very sticky.
Practitioners should Wash their Hands Often!!!

After Treatments, the Practitioner should Exercise, then take a Salt Water Bath.
In general it has been noted that Practitioner's are Channels for the Divine Healing Energy – therefore, after doing a series of Treatments a Practitioner may feel Over-Energized.

Should this happen, it is recommended the Practitioner to "Release all Excess Energy" - through Blessing our Beloved Mother Earth with Divine Light, Love Power then concentrate on the Basic Energy Center and the Soles of the Feet. Simply Release the Excess Energy down into Mother Earth.

After this has been done the Practitioner may do a few minutes of shaking and then take a shower or a bath with water and soft salt in order to further Release the Excess Energy through washing the body

Going swimming, as well as taking a shower or a bath, can help to drain off excess energy. Taking a hot bath with one cup of either apple cider vinegar or Epsom salts added to the bath water will also help.

- Extracted from *Hands- On Spiritual Healing,* by Michael Bradford, ©1993, Page 1

There is vital life-force of the ethers which is called prana. This force can be consciously drawn in, **ABSORBED** and used to charge the body with life-force.

- Extracted from *Health Hints for Four Fold Health,* by Frank Homer and Harietta Augusta Curtiss, ©1936, Page 19

7. DO SELF HEALING TREATMENTS

SIMPLY VISUALIZE YOURSELF.
INVOKE FOR DIVINE BLESSINGS THREE TIMES.
INCREASE THE SIZE OF YOUR BACK HEART WITH BRILLIANT ELECTRIC VIOLET ENERGY 5X

INCREASE THE SIZE OF YOUR FOREHEAD WITH BRILLIANT ELECTRIC VIOLET ENERGY 3X

SAY,
"THANK YOU FOR HEALING ME PHYSICALLY, ETHERICALLY, EMOTIONALLY, MENTALLY AND SPIRITUALLY!

WITH THANKS AND IN FULL FAITH!!!
WE THANK YOU!"

APPENDICES

These Appendices are provided as sources of further information regarding topics included in this Manual.

APPENDIX A – Info about The Planetary Meditation for Peace

APPENDIX B – Practice of The Planetary Meditation for Peace

APPENDIX C– On Elementals

APPENDIX D – THE Abstract Mind

APPENDIX E– The Vibrations of Colored Energies

APPENDIX F – The Transmutation of Sexual Energy

APPENDIX A

INFO ON THE PLANETARY MEDITATION FOR PEACE

Without leaving the house, one may know all there is in heaven and earth.
Without peeping from the window, one *may see the ways of heaven.*
Those who go out learn less and less the more they travel.
Wherefore does the sage know all without going anywhere, see all without looking, do nothing *and yet achieve (the Goal)*

- *Lao Tzu,* Tao Te Ching

Meditation should be directed toward the realization of Oneness with God Your entire attention should be given to the realization of God, always bearing in mind that the kingdom of God is *within you, neither here* nor there, *but within* you.

- Joel Goldsmith

ILLUMINATION TECHNIQUE or Meditation on Twin Hearts is a technique aimed at achieving cosmic consciousness or illumination.
It is also a form of service to the world because the world is harmonized to a certain degree through the blessing of the entire earth with loving kindness.
Meditation on Twin Hearts is based on the principle that some of the Major Chakras are entry points or gateways to certain levels or horizons of consciousness. To achieve illumination or cosmic consciousness, it is necessary to sufficiently activate the Crown Chakra.
The practitioner becomes a channel of this Divine Energy.

The Heart Chakra is the center of higher emotions.
It is the center for compassion, joy, affection, consideration, mercy and other refined emotions. It is only by developing the higher refined emotions that one can possibly experience Divine Love. To explain what is Divine Love and Illumination to an ordinary person is just like trying to explain what is color to a blind man.

By blessing the earth with loving kindness, you are doing a form of world service. And by blessing the earth with loving kindness, you are in turn blessed many times. It is in blessing that you are blessed. It is in giving that you receive. This is the law!

With most people, their other Chakras are quite activated. The Basic Chakra, Sex Chakra, and Solar Plexus Chakra are activated in practically all persons. With these people, their instincts for self - survival, sex drive and their tendency to react with their lower emotions are very active. With the pervasiveness of modern education and works that require also the use of the mental faculty. The Ajna Chakra and the Throat Chakra are developed in a lot of people. What is not developed in most people are the Heart Chakra and the Crown Chakra. Modern education, unfortunately, tends to overemphasize the development of the Throat Chakra and

the Ajna Chakra or the development of the concrete mind and the abstract mind. The development of the heart has been neglected. Because of this, you may encounter a person who is quite intelligent but very abrasive. This type of person has not yet matured emotionally or that his Heart Chakra is quite underdeveloped. Although he is intelligent and may be "successful," his human relationships may be very poor, have hardly any friend and may have no family. So by practicing Meditation on Twin Hearts, a person becomes harmoniously balanced. It means that the Major Chakras are more or less balanced developed.

Whether the abstract and concrete mind will be used constructively or destructively depends upon the development of the Heart Chakra. When the Solar Plexus Chakra is overdeveloped and the Heart Chakra is underdeveloped or when the lower emotions are active and the higher emotions are underdeveloped, then the mind would likely be used destructively. Without the development of the heart in most people, world peace would be an Unattainable dream. This is why the development of the heart should be emphasized in the educational system.

Persons below 18 years old should not practice the Meditation on Twin Hearts since their body cannot yet withstand too much subtle energies. This may even manifest as physical paralysis in the long run.
Persons with heart ailment, hypertension or glaucoma should also not practice Meditation on Twin Hearts since it may worsen their condition.
It is important that persons who intend to practice regularly Meditation on Twin Hearts should practice self-purification or character building through daily inner reflection.
Meditation on Twin Hearts not only activates the Heart Chakra and the Crown Chakra but also the other chakras. Because of this, both the positive and negative characteristics of the practitioner will be magnified or activated. This can easily be verified by the practitioner himself and through clairvoyant observation.

Just as Pranic Healing can "miraculously" cure simple and severe ailments, the Meditation on Twin Hearts, when practiced by a large number of people, can also miraculously heal the entire earth, thereby making the entire earth more harmonious and peaceful. This message is directed to readers with sufficient maturity and the "will to do good."

INCREASING ONE'S HEALING POWER
When a person practices the Meditation on Twin Hearts daily or regularly, his Major Chakras and auras will increase in size, making his energy body more dynamic and stronger.

A healer with big chakras and inner aura is powerful and can heal most minor ailments very quickly and almost instantaneously. A proficient intermediate Pranic Healer should have at least an inner aura of one meter in radius, and an Advanced Pranic Healer, about three meters. A powerful Master Pranic Healer can have an

inner aura of at least 50 meters in radius. A person with big Chakras and inner aura is just like a big pump while a person with smaller chakras and inner aura is just like a mini pump. So, it is very advantageous to practice this meditation daily or regularly.

Having a powerful and dynamic energy body not only enhances one's healing powers but also increases one's effectively and productivity in his work. Having taught many students and met all kinds of people, the author has observed that successful people and top executives have usually bigger Chakras—about five or six inches or more—and an inner aura of about one or more meters. People who have
magnetic personality or great charisma usually have bigger Chakras and inner auras than ordinary people and tend to have a strong influence over most people.
Furthermore, a person who regularly meditates becomes more intuitive and intelligent. When he is faced with a problem he will have the increased ability to see directly through the problem and find the right or proper solutions.

AUTHORITY TO REPRINT

MEDITATION ON TWIN HEARTS IS A VERY POWERFUL TOOL IN BRINGING ABOUT WORLD PEACE; THEREFORE, THIS MEDITATIONAL TECHNIQUE SHOULD BE DISSEMINATED. THE AUTHOR HEREBY GRANTS PERMISSION TO ALL INTERESTED PERSONS TO REPRINT, RECOPY, AND REPRODUCE THIS CHAPTER PROVIDED PROPER ACKNOWLEDGMENT IS MADE.

(SIGNED) CHOA KOK SUI

- Extracted from *The Ancient Art and Science of Pranic Healing,* ©1990, 2nd Edition 1992, 1994, 1995, 1996, Reprint India, by Master Choa Kok Sui, Pages 227-239

APPENDIX B

PRACTICE THE PLANETARY MEDITATION FOR PEACE

(Instructor, please use, the CD "Planetary Meditation or Peace" by Master Choa Kok Sui. Should there be no facility for the use of a CD, the Instructor may lead the Meditation however this is only recommended if absolutely necessary)

Let us Invoke for Divine Blessings

To the Supreme God, to the Divine Father, Divine Mother,
to my Spiritual Teacher, to all the Spiritual Teachers, to all the Holy Masters,
to all the Saints, all the Angels, Spiritual Helpers, and to all the Great Ones,
We thank You for Your Blessings, for Your Guidance, Your Divine Love.
We thank You for the Divine Sweetness, Illumination,
Divine Oneness, Divine Help, and Protection.
We thank You in Full Faith.

Recall a Happy Event.

Take your time. Recall a happy event.
Re-experience the exquisite feelings of Sweetness, of Tenderness and of Love.
You are smiling, you are filled with Love and Happiness.

Gently and lovingly smile at your Heart Energy Center.
Your Heart Energy Center is a being of Love.
Gently and lovingly smile at your Heart.
Say words of Love and Sweetness to your Heart.
Wait for the response.

Can you feel your Heart Energy Center responding with Love, with Joy and Bliss?
The feeling is fantastic!

Recall another happy event. Re-experience this happy event.
Feel it. Smile at your Crown Energy Center.

Your Crown Energy Center is a being of Divine Love.
Say words of love to this being of Divine Love.

Lovingly and gently smile at your Crown Energy Center.
Wait for the response.

Can you feel your Crown Energy Center responding with Divine Love and Divine Sweetness?

We are going to Bless the Earth with Loving Kindness.
Very gently touch your heart with your left hand.
Raise your hands at about chest level with your palms facing outward.

Silently repeat after me.
Lord, make me an instrument of Your Peace.

Allow yourself to be a Channel for Divine Peace.
Feel the Inner Peace within you.
Bless the Earth with Peace.
Imagine there is a small Earth in front of you, the size of a small ball.
Feel the Inner Peace within you.
Radiate this Peace into the Earth.
Feel the Inner Peace within you.
Share it with the Earth in front of you.

Where there is hatred let me sow Love.

Feel the Love within you.
Feel the Sweetness within you.
Allow yourself to be Channel for Divine Love and Divine Sweetness.
Bless the whole Earth, and every Person, every Being with Love and Sweetness.
Imagine pink light radiating from your Heart to your Hands to the Earth.

Where there is hatred let me sow Love.
(Allow yourself to be a channel for Divine Love)
Where there is injury, Pardon.

Bless the Earth with the spirit of reconciliation; with the spirit of understanding, Harmony and Divine Peace.

Where there is despair, Hope; doubt, Faith.

Allow yourself to be a channel for Divine Hope and Divine Faith.
Bless the whole Earth with Hope and Faith.

Bless people who are having a difficult time.
Bless them with Hope and Faith.
Bless them with Divine Strength.
Tell them, "You can make it! You are Blessed with Hope and with Faith."

Where there is darkness Light; sadness, Joy.

Bless the whole Earth with Light and Joy.
Especially people who are in pain, people who are sad, people who are depressed;
Bless them with Divine Light and Divine Joy.

Be aware of your Crown. Silently follow me.

From the Heart of God,
Let the entire Earth be Blessed with Loving Kindness.

Allow yourself to be a channel for Divine Love and Divine Kindness.
Bless the Earth with Love and Kindness.
Imagine Golden Light radiating from your hands to the small earth in front of you.

From the Heart of God,
Let the entire Earth be Blessed with Great Joy and Happiness.

Feel the Divine Joy and Divine Happiness.
Allow yourself to be a Channel for Divine Joy and Happiness and share this Divine Joy and Happiness with the entire Earth.

From the Heart of God
Let the entire Earth be Blessed
with Understanding, Harmony & Divine Peace;
with Goodwill and the Will to do Good.
Blessings be to all
Be aware of your whole body
(Exhale slowly)

Be aware of your Heart and your Crown simultaneously
(Take a deep breath. Inhale deeply. Hold your breath)

Be aware of your whole body.
(Exhale slowly)
Can you feel your whole body filled with Divine Bliss?

Imagine the small Earth in front of you
Again, be aware of your Heart and your Crown

(Silently repeat after me)
From the Heart of God
Let every Person, Every Being
Be Blessed with Divine Love
Be Blessed with Kindness

Feel the Kindness.

Let the whole Earth, every Person, Every Being
Be Blessed with Sweetness, with Divine Sweetness
with Tenderness, with Warmness, with Caringness
with Inner Healing, with Inner Beauty
with Divine Bliss, and Divine Oneness with All

Feel the Divine Bliss, the Divine Sweetness, and share this with the whole Earth, with every person, every being
(Gently put your hands down on your lap)

Imagine a Golden Flame on your Crown
Feel the quality of the Golden Flame

Feel the Love, Peace and the Divine Bliss radiating from this Golden Flame
Feel the Divine Sweetness, the Divine Joy
(Gently and silently chant the mantra, OM)

Be aware of the stillness and the interval between the two OM's
Do this lovingly and with awareness
Imagine the Golden Flame again
(Silently chant the mantra, OM. Chant the mantra, OM twelve times)

Be aware and let go
(Gently and lovingly return to your body right now!)

Feel the bliss feel the Love, feel the Divine Sweetness
(Slowly and gently move your fingers. We are going to release the excess Energy Gently raise your hands again at the chest level with your palms facing outward)

Imagine the small Earth in front of you
(Silently say)
Bless the entire Earth with Divine Light, Divine Power
Let the whole Earth, every Being be Blessed
Let there be Peace, Harmony, Progress, Spirituality & Prosperity to All!
Blessings be to All!
Bless your country with Divine Light, Divine Power,
with Progress, Spirituality & Abundance
Bless your city with Peace and Order, with Spirituality,
with Divine Love and with Prosperity
Bless your Loved Ones, your Relatives, Associates & your Friends
with Divine Love, with Kindness
with Sweetness and with much Affection!
Blessings be to All!

(Gently put your arms down.
We are going to release the excess energy by blessing Mother Earth)

Be aware of your feet and the base of your spine.
Imagine Golden light going down, down down to the earth about three(3) meters or ten(10) feet deep.

Bless Mother Earth with Divine Light, Divine Love Divine Power
Blessings be to Mother Earth!
Let Mother Earth be Blessed,
Let Mother Earth be Regenerated
Blessings be to Beloved Mother Earth!

Thanksgiving Invocation

To the Supreme God, we Thank You for this Great, Great Blessing!
To the Divine Father, Divine Mother,
We Thank You for the Divine Bliss and this Priceless Blessing!
To my Spiritual Teacher,
to all the Spiritual Teachers,
to all the Saints, Holy Angels, Spiritual Helpers,
especially to the Angels of Love and All the Great Ones,

Thank You for this Great Blessing!
Thank You for the experience of Love and Divine Bliss!
Thank You, in Full Faith!

- Extracted from the CD *The Planetary Meditation for Peace,* by Master Choa Kok Sui, Executive Producer Charlotte Anderson.

APPENDIX C
ON ELEMENTALS

*The healing arts do not call on Elementals however we do deal with Banishing or Disintegrating Elementals in order to heal the Client.

Elementals are not necessarily malevolent – they are not evil in any sense of the word.

They simply act according to their nature.

Elementals exist in nature as fire Elementals, Air-, Water Elementals and others.
An Air Elemental will move the wind.
When you see a forced fire a tornado or a flash flood or an earthquake, then you are seeing an Elemental that has gone out of control.

*Footnote: The Greeks recognized a fifth Element - they call psychic.

APPENDIX D
ON THE ABSTRACT MIND

The human brain is split into the right hemisphere and the left hemisphere.
Each hemisphere dominates specific sets of function.

The right side is considered to be the creative mind and the left side the rational mind.

The brain stores direct sense experiences and creates the concrete rational mind and the law of association associates those experiences creating the abstract creative mind.

Both the abstract and the concrete mind share a common characteristic.
The Characteristic is that they are mostly unconscious or in some psychological terminologies subconscious below the level of structured awareness.

The left hemisphere or the Concrete Mind structures and stores information in a linear and precise and exact matter.

It is calculating, rational, logical, digital mathematical and auditory.
It deals with things which appear - that can be measured, weight and clarified.
The right hemisphere is considered to be the Abstract Mind.
It structures and stores information in a circular creative manner.

It has a dream like, abstract, heretic artistic, imaginative, mystic, emotional and visual content and the content is changeable and variable.
Subject to interpretation.

The third part is sometimes called the whole-hemisphere, which is balanced or is the mind as we generally think of it in clear and simple terms.
It sees both sides of an event - the direct event and the interpreted event.
It contains masculine and feminine and negative and positive perceptions and is therefore considered to be neutral.

A balanced mind uses Intuition to reach conclusions.
It synthesizes and integrates the various parts being interpreted.

- *Extracted from www.astromind.com/articles/brain.html*

The Yogic Ayurvedic Concept of the Abstract and the Concrete Mind is referred

to as the "Higher Mental" Abstract Mind as apposed to the "Lower Mental" or Concrete Mind.

The Higher Mental or Abstract Mind is what the Theosophists call the Causal Body.

The Causal Body is considered to be the Highest Subtly Body even beyond the Mental Body.

More Information about these Higher Subtle Bodies may be obtained from reading Helena Blavatsky´s *Key to Theosophy,* as well as books by Annie Besant and C.W. Leadbeater.

A detailed Definition of the Causal Body is provided by A.E. Powel who brought the information of Besant and Leadbeater into his series of books on the differences between the varies Subtle Bodies.

CONCRETE MIND HAS THE TASK CONTROLLING EMOTIONAL RESPONSES.

APPENDIX E
THE VIBRATIONS OF COLORED ENERGIES

Visible colors in the third dimension are energy vibrations or rays emitted from the center of the electromagnetic spectrum.
When light is passed through a prism, a rainbow of seven colors appears. Each projected ray has a specific wavelength and vibrational quality.
The lowest and longest vibration is red. It is followed by a shorter ray or orange, then yellow, blue, indigo, to violet, the highest.
The rays on the lower end of the spectrum are associated with the physical energies or survival, sexuality, anger, self-worth, courage and vitality.
The upper colors are related to the higher aspects of unconditional love, communication and spiritual enlightenment.
The degree to which emotional and physical effects are experienced depends on the intensity and type of ray filtering into our auric field …
Red, the color that activates the energies of the base chakra, is the lowest on the spectrum. Its properties are extremely "Earth oriented," being our connection to the physical world.

- Extracted from *Crystal Awareness,* by Cathrine Browman, ©1987, Page 141

Then on and on … the deep red grows lighter and brighter, gradually changing into orange, then into yellow, then into green, then into blue, then into indigo, then into violet, and then into the color of "white-heat." Then this "white-heat" changes into a still more dazzling white, and then a white impossible to describe appears, so bright, clear and brilliant that the eye cannot bear the sight. Then, suddenly, the intense brightness is succeeded by absolute darkness, and the moving Top cannot be seen by the eye by eye – and yet it moves on. The highest recorded chemical rays of light are estimated to equal a rate of vibration of 1,875,000,000,000,000 per second. The vibration of the lowest shade of red light is estimated at 450,000,000,000,000 and the highest of violet at 750,000,000,000,000 per second, so we may imagine what the highest line on the spectrum is like. Still vibrating, our Top, which has become now a Mass of Vaporized Iron, rapidly tending towards still more ethereal form. It has passed out from the region of light-waves, into another "Unknown Region" of Vibration, in which region, however, exist the vibration known to us as the "X-Rays," etc. It is throwing off great quantities of Electrons. If we were to use a fluorescent screen we would be able to observe the phenomena of the Roentgen Rays, and similar manifestations of Radiant Energy.

On and on vibrates the Top of what we once called Iron – cold iron, warm iron, hot iron, melted iron, gaseous iron, etherealized iron, if you like. What it is like now, the imagination of Man cannot conceive. Still the revolutions continue, doubling each second. *What is being produced?* The imagination cannot conceive of what this state of Substance, now being reached, is like. By a scientific form of poetry we might think of it as melting into Energy – pure Energy, if there were such a thing. Long since it has been resolved into its original Particles – its Corpuscles, and perhaps into the "stuff" from which particles are made. But we must let the curtain drop – the wildest fancy cannot follow the Dance of Substance any further. The theory of the transmission of vibrations of Radiant Energy by means of "waves" in the Ether, or "something that takes the place of the Ether", has been mentioned in other parts of the book.

- Extracted from *Dynamic Thought Or the Law of Vibrant Energy,* by Wiliam Walker Atkinson, ©1906, Page 131

APPENDIX F
THE TRANSMUTATION OF SEXUAL ENERGY

As the Sexual Energy rises and is converted into Chi, it becomes lighter and less dense and thus easier to move. *(Page 186)*

As you do Chi Chung Breathing, you might feel Energy shoot up your spine and flow into your neck and head. If this happens, use your mind to lower the Chi down your spine to the Ming Men and from there pour it into your Tan Tien area (Sea of Chi) as you exhale. *(Page 190)*

Men raise cool Yin Jing Chi to the brain. It is safe to leave this cold energy in the head. It will not harm the brain.
Woman, however, raise warm Yang Jing Chi to the head and this warm Energy must be **lowered out of the brain** at the end of the exercise, down to the Tan Tien.

Raising un-aroused Sexual Energy to the head ahs a soothing, rejuvenating effect on the brain.
The Taoists believed that unless you knew how to channel your Sexual Energy, celibacy was an unhealthy lifestyle … *(Page 195)*

- Extracted from *100 Days to Better Health,* by Eric Steven Yudelove, ©1997

Parents may apply transmutation of Sex Energy for their children by doing downward and upward sweeping motion on them.

1. Scan the Crown Chakra. Sweep the Pranic Energy from the Crown Chakra down to the Sex Chakra.
2. Scan the Sex Chakra. Sweep the Sex Energy upward to the Crown Chakra.
3. Repeat this downward and upward sweeping motions for seen times, ending with a downward sweeping motion to the Sex Chakra.
4. Distribute the excess Energy to the arms and the legs.
5. Sweep the Pranic Energy from the Crown Chakra to the Basic Chakra, and from the Basic Chakra to the Crown Chakra. Repeat this for seven times, ending with an upward sweeping motion to the Crown Chakra.
6. Distribute the excess Energy to the arms and the legs.

This procedure can be done almost everyday. The same guidelines stated earlier have to be followed.

- Extracted from *Pranic Psychotherapy,* by Master Choa Kok Sui, ©1989, Page 193, 194